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1. Phrenology

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Faithfully Yours

F. J. L. Cavanagh.

CAVANAGH'S

PHRENOLOGY,

BEING AN

EXPLANATION OF THE MENTAL FACULTIES, AND GUIDE TO SELF IMPROVEMENT OF THE ONE FOR WHOM IT IS MARKED,

AS INDICATED BY THE CONFIGURATION OF THE CRANIUM.

This is Truth, though at enmity with the philosophy of ages.

BY

PROF. F. J. L. CAVANAGH,

PHRENOLOGIST,

11 ELM ST., TORONTO, CANADA.

ESTABLISHED 10 YEARS.

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SYMBOLICAL HEAD.

PROF. CAVANAGH is the originator of Surgeons' Periodical Examinations, Inventor of Hernial Devices and a Postal System, etc., etc.

What is Phrenology?

IT is a system of Mental Philosophy practically applied and proved by facts which cannot be denied. We are all cognizant of the truth that every head differs from every other in some way, either in length, width, height, size or shape. We do not, as some believe, look for hills or hollows, or "bumps," but measure the head in different directions and estimate the length of fibre, or distance from the Basilar Centre of the Brain (*The Medulla Oblongata*), compare the strength of the different groups of organs as to the influence they exert on the character, &c., &c., and give advice how the mind may be rendered more harmonious in its action by restraining the strong and cultivating the weak organs.

I have three forms of examinations, viz. :

1st.—A plain oral description.

2nd.—To mark a chart of the organs, showing the strength and weakness of each, and what to cultivate and restrain.

3rd.—Includes the second, giving an extended written description of character, talents, what you are fitted for, &c., &c., so plain that anyone can understand it.

My experience has been gained in various positions and situations, from the English Civil Service to the battle field, insane asylums, colleges, hospitals, prisons and in many parts of the world.

Thanking the public for their kind and liberal patronage, and hoping for a continuance of the same,

I am, etc., sincerely, for your welfare,

F. J. L. CAVANAGH.

KNOW WHAT YOU ARE SUITED FOR, ETC.

If you will be good at law, medicine, business or trades, at skating, running, rowing, fencing, general athletics, rifle shooting, dancing, singing, music, book-keeping, painting, shorthand, engraving, engineering, watch-making, compositing, telegraphy, type-writing, contracting, or any profession or calling.

If you are troubled with low spirits, want of confidence or energy, or cannot sleep well; if you are annoyed by alarming dreams, or troubled with a dread of the future; if you are always thinking upon your condition, or about any one subject, or have a dull feeling or pain over the eyes, in the top or back of the head; if you are languid or lack the perseverence you should have, or that to understand fully you have to read papers, letters, etc., *over* and *over* again, or if you find it difficult to fix your attention—which is a serious symptom—these and many other conditions are often explained by an examination of the head. I have frequently been the means of saving many from a serious illness or even surgical operation, or relieving them of great mental anxiety by warning them in time, and have conclusive evidence in proof of my statements from physicians, and those thus benefited.

IF YOU ARE MARRIED, and there is often some disagreement between you, call on me and I will give you good advice. Each one differs in some way from the other and should make allowances.

You can learn many things from me in a few minutes, which otherwise might take you years to find out.

If the opinons of eminent professional men, both in Europe and America, in regard to the truth and utility of phrenology be of any account, the following names should have some weight with unbiased readers :—

Sir G. S. Mackenzie.
Robert Hunter, M.D.
Prof. James Shannon.
C. Otto, M.D.
Rich. D. Evanson, M.D.
Prof. Silliman.
Joseph Vimont, M.D.
Rev. Thos. Chalmers, D.D.
Rev. P. W. Drew.
Prof. R. H. Hunter.
Hon. John Neal.
Rev. Henry Ward Beecher.
Dr. John W. Francis.
Dr. J. V. C. Smith.
Dr. McClintock.
Dr. John Bell.
Prof. C. Caldwell.
Prof. G. S. Morton.
Prof. S. G. Harvey.
Prof. Geo. Bush.
Judge E. P. Hurlbut.
Hon. W. H. Seward.
Hon. Amos Deane.
Rev. Orville Dewey.
Rev. John Pierpont.
Hon. S. S. Randall.
Allen Pringle, Esq.
John M. Carnochan, the most distinguished surgeon in the United States. Hundreds more could be added.

PRESS EXTRACTS.

FROM PROF. O. S. FOWLER'S STENOGRAPHER.

Many attribute their success in business, mechanics, the arts, and inventions to Prof. Cavanagh. He can produce probably more testimonials from inventors, and competent authorities than any other phrenologist. I regard him as thoroughly competent, and I had a long experience as stenographer with that world-renowned phrenologist, the late Prof. O. S. Fowler.

CHARLES H. CLARKE,
Late Editor Toronto *News.* *Sentinel*, July 12th, 1888.

EXTRACT FROM TORONTO "MAIL."

SPECIAL TO THE "MAIL."

PARIS, June 11th.

It is believed by prominent members of the Ecole d' Anthropologie, that Victor Hugo's brain equalled in size that of Cuvier's, one of the largest on record. In connection with this subject Dr. Laborde's report on Gambetta's brain is interesting. He says it was of *exceptional* size, and that the convolutions were *especially developed* in the *region* assigned by *phrenologists* as the *centre* of *lingual* powers.—*Mail*, June 12th, 1885.

SOME of the subjects who had never seen the Professor before ascending the stage, were astonished to find him not alone delineating their mental character, but stating also what diseases and weaknesses they were suffering from.—Orillia *Packet.*

PROF. CAVANAGH has predicted success for numerous persons in various walks of life, and these individuals head the list in that particular sphere in which they have expended their energies.—*The World*, 21st May, 1891.

MANY parties (names given, evidence incontrovertible), say he saved them from serious illness, or effects of strain or over exertion by warning them regarding their condition, which upon *consulting their family physician* they found correct.—*The World*, Toronto, June 23rd, 1888.

HIS public (blindfold) test examinations are truly marvellous, and have created astonishment and admiration throughout the country.—Toronto *News*, Nov. 25th, 1886.

PROF. CAVANAGH, in addition to explaining character, what suited for, etc., tells condition, weakness, injuries of *body* and *brain* by *merely* feeling the head. *We have had clear proof* of this. His skill is certainly astonishing.—Collingwood *Enterprise*, August 11th, 1887.

BESIDES delineating character, *marriage adaptations*, etc., he can discover *bodily states* and *injuries*, such as *fits, kidney* and *heart* disease, hernia and liability to *insanity*, as well as *other*

weaknesses. Many here were informed of weaknesses and injuries of which they were before ignorant. He certainly has a wonderful knowledge of the human brain and *its influences.*—Newmarket *Era,* Oct. 29, 1886.

PROF. CAVANAGH visited the Insane and Idiot Asylums here, and described the peculiarities and talents of the inmates, told the subjects they were insane on, and gave details which astonished even the keepers, etc., etc. His Phrenological skill is certainly extraordinary, and he has done, and is doing more business than any and all other Phrenologists who have visited here put together, and we can endorse the statements of crowds who have patronized him, and heartily commend him as a scientific, conscientious and capable Phrenologist.—*News Letter,* Orillia, Nov., 1885.

PROF. CAVANAGH paid us another visit, the first since two years ago. As usual he was largely patronized, and his lectures well attended. No Phrenologist who visited here has received such liberal patronage. We who have had *absolute* and *undeniable proof,* combined with *evidence* of hundreds who have listened to him, can heartily recommend him as thoroughly efficient, and certainly ahead of any Phrenologist we have ever heard.—Uxbridge *Journal,* Thursday, Sept. 2nd, 1886.

PARTIES thrown on their own resources (by having a phrenological sounding), need not drift into whatever seems to offer, but can go at what they will be almost certain to succeed in. Don't be skeptical and refuse to believe what you never tested. This gentleman is highly recommended and can get prominent citizens who will certify as to the value of his services.—Brampton *Conservator,* May, 1885.

NEW DISCOVERIES IN PHRENOLOGY.—Professor Cavanagh has now positive evidence of the value of his services. Many *declare* he has been the means of their *Inventive genius* being developed. He has published names of many well known *Inventors.* We sincerely recommend him to all.—*Canadian Advance,* Feb. 29, 1888.

HE has gained experience in several countries.—*Tribune.*

HE is a scientific, conscientious and capable Phrenologist.—The *News,* Nov. 22nd, 1884.

PHRENOLOGICAL DISCOVERIES.—We take great pleasure in recommending Professor Cavanagh the *Scientific Phrenologist,* and adding our testimony to that of the *many inventors* who have become such *through his advice.* His skill in delineating character and mental manifestations, and explaining *bodily* states and *weaknesses* is simply wonderful. He deservedly merits his excellent reputation, and has already made his mark in the world.—*Truth,* March 3rd, 1888.

A SUCCESSFUL PHRENOLOGIST.—Many well known in this City eulogize Prof. Cavanagh for their inventions. Testimonials saying "through his advice" they succeeded in inventing one or

more machines, etc., are frequently published. Physicians, lawyers, clergymen, etc., and the press speak highly in his favor. THE NEWS has often favorably noticed his successes, having known him for years, and many times severely tested him. We take pleasure in again recommending him as skilful, reliable, and certainly worthy of public patronage.—The *Toronto News,* Thursday, June 7th, 1888.

PROF. CAVANAGH has made a life long study of this subject, and his advice has started many men and women on the high road to success and fortune in all lines of business. A call on him will not fail to prove beneficial.—*Labor Reformer,* June 23rd, 1888.

BIRCHALL SAYS IN HIS BOOK:

"Several professors of the phrenological art were in Oxford, and the latest that I have met is Professor Cavanagh, of Toronto, a gentleman well known in scientific circles. I append the *resume* of his examination of my cranium. If there be any truth in phrenology, then I have at least one or two good points, but many shake their heads sadly and think such methods savor of the mysterious Black Art."

No ordinary murderer would have gone to Princeton to identify the body, and if Birchall did it he must be a man of Iron Nerve. *But he is not.* He is *weak* and has little cunning. *That is the opinion* of those who know him well.—Copied from *News.*

The public are well aware my chart recorded him as being secretive (cunning), not weak (but strong), and having an iron will which would endure to the very last in spite of everything, thus showing that I knew more of the man than those who knew him for a lifetime.

THE phrenological chart of Prof. Cavanagh, which Birchall incorporated in his story as published in the *Mail,* shows his destructiveness was large, and this, in conjunction with his firmness, which was abnormally large, showed that he had an iron will which would endure to the last. This estimate of the man events have shown to be absolutely true.—Toronto *News,* 14th Nov., 1888.

THE manner in which Birchall behaved throughout was in remarkable keeping with the phrenological description given of him by Prof. Cavanagh. Those who were curious to read the professor's chart could not help being impressed with the coincidence between the traits of Birchall's character, as shown in his singular career, and the propensities noted by the *phrenologist.*—Toronto *Mail,* Nov. 15th, 1888.

Phrenology is true! It is nonsense to assert the contrary in the face of such overwhelming evidence in its support. The character given Birchall by Prof. Cavanagh could not be more accurate. Add this to the professor's other triumphs and he may

fairly be entitled an Expert in this line, who has never been surpassed.—*The Empire*, Nov. 14th, 1890.

BIRCHALL'S PHRENOLOGY.

THE fact can no longer be ignored that the system of character reading established by the phrenologists is worthy of the highest admiration. Birchall's chart—no one can deny—is in exact accordance with his known character, propensities and talents. Prof. Cavanagh, who examined his head, may justly be termed one of its greatest living exponents. Read Prof. Fowler's phrenology, firmness 7 and destructiveness 6, which organs Birchall had thus marked, and it says, has that iron will which endures to the last.—*Telegram*, Nov. 14th, 1890.

BIRCHALL'S HEAD.

THE phrenological chart which Birchall published in his biography is really interesting and instructive, as it furnishes another absolute proof of phrenology. There is nothing *vague* or *indefinite* about it. It depicts with an accuracy *truly astonishing* the marked character of the man. Phrenology is a science productive of great good, and it is most unreasonable to deny it when so many facts in proof of it stare us in the face. If further evidence of its reliability were necessary, Prof. Cavanagh's examination of Birchall's head would supply it.—Toronto *News*, 14th Nov., 1890.

THE Editor of the *Economist* in a leader says: "We also procured Prof. Cavanagh's written statements. Not for one hundred dollars ($100) would we be without the information he has imparted. His delineations exhibit extraordinary metaphysical acuteness, astonishing intellectual penetration, a subtle power of analysis, a minuteness of detail, and refinement of reasoning remarkable in *so young a man.*"

WITHIN the last few days the truth of Phrenology has been strikingly manifested in the case of Reginald Birchall. It transpired that "Birchall," like many other noted characters, received a phrenological chart from Prof. Cavanagh; which chart is now a part of the story of his life. Prof. Cavanagh's delineation was exact in even every little detail; and Birchall's amazing coolness and magnificent fortitude to the last fully proved the statements of the Phrenologist. It is thus plainly shown that the Professor knew more of the man than his friends who knew him for a lifetime. Facts of this kind are of such a substantial nature and frequent occurrence that there is no possible grounds for contradiction, and we must arrive at the conclusion that the science is reliable and certainly worthy the assistance of all lovers of progress.—Toronto *World*, 22nd Nov., 1890.

WE are acquainted with no other phrenologist or writer, living or dead, who can depict the intricacies of human character with so firm and masterly a hand, who can detect with so unerring a skill one's talents and peculiarities, or follow with so close an

intuition the subtle windings of the deepest affections as Prof. Cavanagh, the Toronto phrenologist.—Toronto *World*, 20th Nov., 1890.

PROF. CAVANAGH has stood the test of time. We have before and can again recommend him as *strictly truthful*, outspoken and conscientious.—*Evening Star*, 13th May, 1893.

THE FAMOUS PHRENOLOGIST.

PROF. CAVANAGH is a born reader of human nature. He discovers and describes one's best and worst characteristics with ease. The man is a natural detective with the cultured intuition of a great physician.—Chicago *Herald*, 12th Sept., 1893.

A CANADIAN HEAD-READER.

PROF. CAVANAGH is a phrenologist of rare merit, whose delineations of the powers and peculiarities of individuals show him to have a master mind and a sagacity and instinctive knowledge of those he meets which is phenomenal.—Chicago *Evening Post*, 11th Sept., 1893.

PROF. CAVANAGH will rank in history with such men as Gall, Spurzheim, Combe and Fowler, as one of the greatest phrenologists. His sagacity has not only proven correct, but his advice has brought in its train lasting results of high utility, which have secured him the gratitude of thousands. He commands men's confidence by deserving it, and wins respect by his candor, firmness and courteousness.—*Saturday Night*, 30th Sept., 1893.

PROF. CAVANAGH is a genius at discerning character from photos. Bring him some of your friends' pictures and he will surprise you.—*News Letter.*

HE DESERVES SUCCESS.

FOR marvellous intuition, foresight, untiring patience, sterling worth, *conscientious* dealings and discharge of duties, Prof. Cavanagh deserves unstinted praise. This paper has on various occasions recommended him, and does so again with heartfelt pleasure. The thousands who have patronized him, as well as the principal press of the Dominion pay a tribute to his great genius. —Toronto *News*, 12th Nov., 1892.

AN EXTRAORDINARY CHARACTER.

ATTENTION is directed to the immense mass of astonishing and convincing evidence as presented by Prof. Cavanagh. This wonderful character delineator and discoverer of genius in those so gifted, has year after year steadily accumulated proofs of his marvellous foresight, which no sane man will deny or fail to appreciate.—*Telegram*, 25th Aug., 1894.

A MODERN GENIUS.

PROF. CAVANAGH, the phrenologist, may be justly so termed; he has a long record of successes. There are in Toronto alone

about *half a million dollars'* worth of inventions made by those whose heads he examined. This young man exhibits a foresight nothing short of marvellous, and his friends heartily wish him a future as pregnant with successes as has been his past.—*The Globe,* 13th Dec., 1890.

PROF. CAVANAGH has resided for years in Toronto, and is regarded as a scientist advanced and original in discovering genius. His honesty, straightforwardness and penetrating instinct has won him scores of friends and the admiration of great numbers. He is unique at discerning character even from photographs.—*Telegram,* 17th Feb., 1894.

MANY parties in Orillia and the surrounding towns have profited immensely by the wondrous physician-like intuition of Prof. Cavanagh, the Toronto phrenologist. He has saved numbers from serious affections of mind and body (some even from surgical operations) by warning them in time, and they have been attended by *local* physicians. Prof. Cavanagh is the originator of periodical examinations by surgeons.—Orillia *Packet,* July 15th, 1892.

IN many of our townsfolk apparently healthy he discovered ailments, and, as usual, recommended them to consult their family physicians or well known specialists. We are *personally acquainted* with these people, and can recommend Prof. Cavanagh as one endowed with an unusual and astonishing sagacity.—Oakville *Star,* 10th August, 1893.

BEFORE Prof. Cavanagh for two generations back the names of only four phrenologists on this continent enjoyed international reputations, the Fowlers, Haggarty and O'Leary. Three are said to have crossed the Stygian river. Prof. Cavanagh is still in the prime of life, and pronounced by press and prominent educationalists, the foremost phrenologist in this country to-day. His host of Chicago friends were indeed pleased to renew his acquaintance. —*Canadian American,* Chicago, Sept., 1893.

PROF. CAVANAGH is a man of great natural ability whose earnest endeavors to promote the welfare of humanity is now at least continentally acknowledged. He is a sound, logical, forcible, exhaustive and highly intelligent speaker; probably the greatest master of the science of modern times, and of a penetrating keenness of intellectual discernment positively astounding. There are now many factories, (two of them in this town,) which are engaged in manufacturing the inventions of those to whom he has given counsel. He has created a reputation for honesty, probity, generosity, steadiness, firmness of purpose and unfaltering perseverance. He has the courage of his convictions, and no matter how good or how bad one may be, he portrays their deficiencies as glowingly as their capabilities. We have many times tested and often recommended him, and now do so again. He is endorsed by the leading press of the country.—Orillia *News Letter,* July 22nd, 1892.

WE HAVE found Prof. Cavanagh a thorough gentleman, a liberal advertiser and current cash customer.—*T. A. Bellamy in The Sun.*

AN examination of the head is sometimes a revelation. Prof. Cavanagh has a host of famous people to endorse his marvellous talent in reading character.—*Telegram*, 24th March, 1894.

PROF. CAVANAGH has been here nearly a month and has proved himself remarkable as a judge of character and reader of abilities. Many in this town—who will certify—say they would not part with his information for a hundred times its cost.—*Shelburne Free Press.*

WE beg to call attention to Professor Cavanagh's wonderful proofs of his genius, in another column. This young man has proved his worth through the long years, and has done more for phrenology in Canada than any man of modern times.—*Telegram*, Sept. 15th, 1894.

WE ARE pleased to have made Prof. Cavanagh's acquaintance. He has travelled over both hemispheres, can adapt himself to circumstances most readily, is an excellent conversationalist, and perhaps has no equal in the science of phrenology in America. Gentlemanly and jovial, if any of our readers feel dejected and can make it convenient to call on the Professor, we will warrant them he can not only give them good advice but send them away in buoyant spirits and happy. If we allowed him to have his own way he would print two pages of advertisements instead of one.—*Owen Sound Weekly*, 24th April, 1891.

ABOUT INSPECTOR MORGAN.

Some time ago Prof. Cavanagh was requested to examine the heads of two men by a leading gentleman of Orillia. So perfect was the disguise and acting of one of the two countrymen that the Professor was deceived. However, he said one of them if he received the necessary education would make a truly excellent scholar, because he was gifted with splendid brain power, and would not only be able to acquire, but teach languages, etc. The supposed farmer was J. C. Morgan, Esq., Inspector of Public Schools, a well-known brilliant musician. The joke turned out a triumph for the Professor in place of a defeat.—Orillia *News-Letter.*

I HERE express my sincere thanks to the various CANADIAN, UNITED STATES and ENGLISH papers which have so kindly commented upon my humble efforts.

I THINK I am stating only the truth when I assert that the combined devices, appliances, and inventions—from surgical appliances to bicycles, etc.—which have been made by those whose heads I have examined, some of which can be purchased throughout Canada and the United States, and

others recommended by builders, architects and insurance companies, are worth

$500,000.00

I can give the names and addresses, of many inventors who are willing to testify as to the great value of my phrenological advice.

Ask Mr. Butler his opinion of phrenology, he is the inventor of the celebrated

RAILWAY CROSSING ALARM.

N.B.—This splendid contrivance, which is NOW IN USE on the railways, supplies a long felt want. It rings an alarm at the crossings when the train is hundreds of yards distant, and the saving of life through this can be easily imagined. How many lives have been sacrificed at our own crossings here for want of a like protection?

Mr. Saulter, 23 Adelaide Street, whose inventions are in all the hardware stores of Toronto, and throughout Canada and the United States, ask him about phrenology.

Mr. C. H. Dorenwend, inventor of the now celebrated

DORENWEND ELECTRICAL APPLIANCES.

He received advice from others, but was never told by them about his inventive genius.

Mr. Ronan, 645 Yonge St., inventor of the Chainless Safety Bicycle and Improved Bicycle Head. Also Mr. Lochrie, Bloor St., inventor of the celebrated Antelope Bicycle. Ask them about their phrenological charts.

MODEL WASHER.

C. W. Dennis, Esq., Yonge Street, inventor of the

MODEL WASHER AND BLEACHER.

This is to certify that Prof. Cavanagh examined my head some years ago, delineating not only mental capabilities, but even physical conditions. He described my inventive powers, with what truth numbers can now attest.

(Signed), C. W. DENNIS,
Inventor of the Model Washer and Bleacher.

Mr. Wilkinson, inventor of the Wilkinson Ploughs, now acknowledged to be one of the best ploughs in the world. All farmers know its great value. Ask him what he thinks of phrenology.

I EXAMINED—and have the head measurements of—the greatest high wire walkers of modern times.

S. J. DIXON,

who walked across
at

NIAGARA FALLS,

and the awful gorge at the Whirlpool Rapids, on a ¾ inch cable, had a head conspicuously developed around the eyes. He was a splendid shot, a clever horseman, notably good hearted, and notoriously courageous, one of the very best photographers in Canada, and, to use the words of Staff Sergeant Ashall, "one of the quickest artists to accurately pose a large body of men."

CLIFFORD CALVERLEY,

who also crossed at Niagara Falls, has a smooth head around the ears and uncommonly well formed around the eyes. He is an intelligent, agile and courageous young man, and learned to walk the wire with about two months' practice. The Toronto *World* said that Dixon's performance outshone Blondin's as the electric light outshines the penny dip; and as Mr. Calverley went over at Niagara much quicker than Dixon—in fact, quicker than anyone else ever did it—you may have some idea of his skill and astonishing performances.

Blondin has walked probably hundreds of miles on a rope, and is in good condition at seventy-two. He has not made another trip—that I have heard of—so daring as that across Niagara Falls, and never surpassed the fame he won by that perilous journey. "Thank God it is over," said

THE PRINCE OF WALES,

when this novel and astonishing feat was accomplished.

CANADA'S Great Life Saver, the well-known hero,

CAPT. W. D. ANDREWS.

Years ago I examined his head, and the first words I said in speaking of his courage were: "quick to think, prompt to act." His daring deeds in situations of extreme peril, would strike terror to the ordinary man. Ask him about phrenology.

This Chart gives a Delineation of the Character, Talents and Present Condition of

His Excellency

Lord Aberdeen

Governor General of Canada

In case you may at some future time desire another chart, keep this book *safe*, and I will allow you a reduction on account of it.

LET TIME TEST ITS TRUTH.

Professions, Business, Trade, Position, Situation, or Calling:

Arbitrator
Artist
Architect
Artificial Florist
Action Regulator
Action Finisher
Alderman
Apiarist
Asylum Warder
Accoucheuse
Assistant in Florists
Assistant for Gardener
Assistant for Milliner
Assistant in Branch P. O.
Assistant in Bookbindery
Assist. in Flour & Feed Store
Assistant for Carpenter
Assistant in Boot Store
Attendant in Confectioners
Attorney
Analyst
Anatomist
Advertisement Writer
Agent
Auditor
Accountant
Auctioneer
Athlete's Trainer
Actress
Agent Show Business
Agent Sewing Machines
Agent Various Machines
Artillery Man
Actor
Advertisement Solicitor
Advance Agent
Anatomy (Lecturer on)
Aide-de-camp
Adjutant
Artists' Color Store
Ambassador

Boatswain
Bandsman
Bugler
Bird Store Keeper
Bill Distributor
Bicycle Maker
Bicycle Messenger
Bicycle Cleaner
Blacksmith
Bartender
Butcher's Shop Hand
Bouquet Designer and Maker
Butler
Boat Builder
Bill Poster
Bookkeeper
Baseball Player
Boarding House Keeper
Band Saw Operator
Boiler Maker
Boot and Shoe Dealer
Book Folder
Book Reviewer
Broom Maker
Brakeman
Brush Maker
Builder
Bricklayer
Banker
Butcher (retail)
Broker
Brewer
Basket Maker
Blue-jacket
Bookbinder
Brickmaker
Bamboo Worker
Barrister
Baker
Bailiff
Barber

Brassfounder
Brassfinisher
Botanist
Bank Porter
Background Painter
Bank Clerk
Bicycle Rider
Bareback Rider
Bank Teller
Buffer
Billiard Table Maker
Button Maker
Button Hole Maker
Busheller for Tailors
Bathing Machine Keeper
Boot and Shoe Machinist
Colonel
Cavalry Irregular
Coffin Maker
Clay Pipe Maker
Coast Guard
Customs Official
Carpenter
Cheese Maker
Coffee House Keeper
Chandler
Chair Maker
Calsominer
Coat Maker
Cutter for Tailors
China Painter
Corset Maker
Coach Builder
Cabinet Maker
Chicken Butcher
Carver
Cigar Maker
Cabman
Confectioner
Contractor
Cooper
Cutler
Cowboy
Cleaner of Offices
Compositor
Core Maker
Carriage Trimmer
Companion for Aged Lady
Coachman
Cabin Boy
Clergyman
Chemist
Clerk
Coach Painter
Coach Painter's Help
Chiropodist
Clothier
Clerk Newspaper Office
Collector
Clerk, Junior
Children's Governess
Commercial Traveller
Companion for Lady
Conductor
Canvasser
Cashier
Caretaker
Civil Engineer
Copyist
Carpet Layer
Cigar Manufacturer
Correspondent
Captain (Mariner)
Captain (Infantry)
Carpet Cleaner
Cavalryman
Costermonger
Circus Clown
Comedian
Commissary Officer
Crayon Portrait Artist
Cook
Church Sexton
Corner Grocery Keeper
Coal and Wood Yard Business
Clerk Drug Store
Crockery and Glass Store
Coin Collector
Curiosity Dealer
Congressman

Carver for Hotel
Cap Maker
Cloak Maker
Coffee Stand Keeper
Christian Brother
Cattle Drover
Chief of Police
Chief Fire Brigade
Cigar Store Keeper
Cutter for Dressmakers
Comforter (Quilt) Maker
Card Writer
Caulker
Cutter
Cook, Professional
Coal Oil Peddler
Cork Cutter
Cake Baker
Chimney Sweep.
Designer
Designer of Toys
Decorator
Descriptive Writer
Dairyman
Dentist
Diamond Cutter
Doctor
Dyer
Decorator's Assistant
Diamond Setter
Dealer in Old Clothes
Druggist
Drain Pipe Contractor
Diver
Distiller
Detective
Drygoodsman
Driver of
Dressmaker
Dressmaker's Help
Drill Instructor
Dining Room Girl
Door Porter
Dealer in Bankrupt Stocks
Dealer in Painter's Sundries.
Drawing Teacher
Electrician
Explorer
Exchange Editor
Electrical Apparatus Maker
Embosser
Electroplater
Expressman
Elocutionist
Editor
Engineer's Help
Engraver
Exciseman
Engineer
Estate Agent
Estate Office Clerk
Excavating Contractor
Elevator Boy
Engineer Locomotive
Engineer Stationary Engine
Express Messenger
Emery Wheel Maker
Florist
Fancy Store Keeper
Fishmonger
Fancy Worker
Farmer
Farmer's Helper
Fireman
Factoryman
Foreman
Foreman for Corporation
Foundryman
Forewoman
Fur Sewer
Fancygoodsman
Furniture Store Keeper
Furrier
Fruiterer
Fisherman
French Polisher
Floor Walker
Flour and Feed Storekeeper
Foreman Printer
Fried Fish Shopkeeper

Gilder
Governess for Young Children
General Mechanic
Gardener
Governess
Gunsmith
Grocer's Clerk
Glue Maker
General Dealer
Grain Merchant
Grainer
Gent's Furnisher
Glazier
Goods Clerk Railway
Groom
Grocer
Glove Maker
Glass Blower
Governor of Gaol
Gymnastic Instructor
General
Gold Beater
General of Commissariat
Gunner for Man of War
Gymnast
Grind Stone Maker
Hatter
House Painter
Hair Dresser
Harnessmaker
Hod Carrier
Hotel Keeper
Hardware Merchant
Handyman
Herbalist
Historian
Hotel Porter
Hunter
Housemaid
Horsetrainer
Housekeeper
Horseshoer
Home Made Bread Baker
Hospital Nurse
Hostler
Hotel Handy Man
Head Porter
Hotel Clerk
Inquiry Clerk
Indian Rubber Worker
Invalid's Nurse
Insurance Agent
Inspector Police
Ice Cutter
Interviewer
Iron Worker
Itinerant Glazier
Indian Trader
Ice Cream and Oyster Parlor
Instrument Maker
Inspector
Jeweller
Jobber in General Goods
Journalist
Judge
Jockey
Junk Dealer
Jailer
Janitor for
Jig Sawyer
Juggler
Knitter
Keeper of Apartments to Let
(and if energetic and strong enough could do something besides in your spare time)
Kitchen Maid
Keeper
Kindergarten Teacher
Landscape Painter
Landscape Gardener
Laborer
Locksmith
Lumber Merchant
Lady Reporter
Lawyer
Lecturer
Librarian
Lamplighter
Law Clerk

Land Agent
Lathe Hand
Laundry Keeper
Lumberman
Lumber Buyer
Lumberman Foreman
Lumber Camp Cook
Letter Cutter in Stone
Letter Stamper in Post Office
Livery Stable Keeper
Letter Writer in Paint
Lather
Lacrosse Player
Lithographer
Lather's Helper
Lancer
Little Miscellaneous Store
Lace Maker
Ladies' Hair Dresser
Leather Worker
Lineman
Laundress
Locomotive Fireman
Locomotive Blacksmith
Linen Designer
Modeller
Medicine Mixer for Hospital
Matron
Moulder
Mason
Machinist
Machinist's Help
Matmaker
Manufacturer
Miller
Mill Hand
Miner
Musical Instrument Maker
Mineralogist
Missionary
Mail Clerk
Merchant
Manager
Manageress
Messenger
Marine
Milliner
Mantle Maker
Mattress Maker
Military Surgeon
Military Draughtsman
Mast Maker
Minister of War
Minister of Marine
Minister of Finance
Minister of Telegraphs
Minister of Public Works
Manager of Bank
Mounted Police
Major
Mender of Shirts and Socks in Laundry
Notary Public
Naturalist
Nurse Girl
News Agent
Nurseryman
Newsboy
Newsboy on Train
Navy
Navvy
Nun
Optician
Overseer
Oil Finisher
Office Boy
Office Girl
Organ Maker
Overalls Cutter
Overalls Maker
Oyster Bar Keeper
Oil Cloth Maker
Ornithologist
Oyster Pail Maker
Organ Tuner
Orderly Clerk
Portrait Painter
Pilot Sea
Photographer
Portrait Colorist

Plasterer
Packer of Goods
Pattern Maker
Prison Warden
Painter's Help in Shop
Plasterer's Helper
Politician
Peddler of
Professor
Pilot for Rapids
Papermaker
Preacher
Physician
Pants Maker
Proof Reader
Policeman
Publisher
Priest
Produce Dealer
Pressman
Postman
Piano Tuner
Plumber
Picture Frame Maker
Piano Key Maker
Polisher of Pianos
Pump Maker
Provision Dealer
Porter
Purser
Physiology (Lecturer on)
Proof Reader for Translations and Special Literature
Pen Maker
Paper Hanger
Poultry Raiser
Paper Box Maker
Postmaster
Page
Police Magistrate
Pavior, Stone
Potman
Railway Station Agent
Reporter of News
Reciter
Retoucher
Revolver Shot
Rope Maker
Roofer
Rifle Shot Expert
Restaurant Keeper
Rancher
Rifleman
Repairer of
Rubber of Varnish
Rag Sorter
Rivetter
Regimental Arms Repairer
Railway Foreman
Registrar
Reeve
Raftsman
Sailmaker
Stable Boy
Soldier
Stevedore
Steersman
Stock Jobber
Stove Moulder
Steward
Shipper for Wholesale House
Sailor
Stage Carpenter
Stewardess
Stationer
Ship Carpenter
Saleswoman
Seamstress
Speculator
Ship Builder
Stockbroker
Stamp Collector
Stonecutter
Steamfitter
Stock Breeder
Scout
Stockdealer
Superintendent
Switchman
Showman

Shoeblack
Sewing Machine Operator
Saw Filer
Shorthand Writer
Shoemaker
Swordsman
Screw Maker
Saw Maker
Saddler
Surgical Nurse
Scene Painter
Sculptor
Solicitor
Sharpshooter
Surgeon
Statesman
Surveyor
Secretary
Stereotyper
Stove Repairer
School Teacher
Specialist for Eye and Ear
Specialist for Throat and Nose
Specialist Skin Diseases
Specialist Gynæcology
Specialist Bone Setting
Specialist Diseases of Chest
Specialist Diseases of Women and Children
Specialist Nervous Diseases
Sergeant
Senator
School Inspector
Shorthand Teacher
Science Master
Sash and Door Maker
Shampooer in Baths
Sporting Editor
Steamship Fireman
Salesman
Sign Painter
Trapper
Teacher
Telegraph Operator
Tuck Pointer
Teacher for Little Children
Typewriter
Timekeeper
Telephone Clerk
Tragedian
Tanner
Tailor
Turner
Tinsmith
Teamster
Temperer
Tight Rope Walker
Taxidermist
Trunk Maker
Tin Worker and Stamper
Trip Hammer Worker
Tie Maker (Gents)
Teacher of Languages
Undertaker
Undertaker's Help
Upholsterer
Umbrella Maker
Usher
Veterinary Surgeon
Valuator for Household Furniture
Vest Maker
Varnisher
Valet
Valuator
Volunteer
Waiter
Writer of
Window Cleaner
Washerwoman
Watchman (night)
Watchmaker
Worker in Wholesale Drug Store
Weaver Rag Carpet
Weaver
Wedding Dressmaker and Lender
Watch Case Maker
Wire Worker

War Correspondent
War Telegraph Operator
Whip Maker
Window Dresser
Woodenware Maker.
Waitress
Wire Walker
Well Digger
Wax Worker
Wigmaker
Waggon Maker
Yacht Builder
Zinc Cornice Maker

Practice Running
" Jumping
" Walking
" Fencing
" Rifle Shooting
" Revolver Shooting
" Dancing
" Singing
" Drawing
" Card Painting
" Figure Painting
" Animal Painting
" Landscape Painting
" Flower Painting
" with Oil or Water Colors
" Microscopic Writing
" Penmanship
" Card Writing
" Caricature Sketching
" Miniature Painting
" Skating
" Rowing
" Bicycle Riding
" Boxing
" Gymnastics
" Fancy-work making
" Gardening
" On the Punching Bag
" Hand-ball Playing
" on Parallel Bars
" Lacrosse
" Cricket
" Golf
" Tennis
" Croquet

Practice with Skipping Rope
" Modelling
" Artificial flower making
" Swimming
" Bowling
" Foot Ball
" Club Swinging
" with Home Exerciser
" Dumbbell Exercises
" Striping
" Sign Writing
" Carving

Learn to play the Clarionette
" " Violin
" " Cornet
" " Piano
" " Saxophone
" " House Organ
" " Church "
" " Piccolo
" " Mandolin
" " Guitar
" " Banjo
" " Ophicleide
" " Harp
" " Concertina
" " Flute
" " Trombone
" " Violoncello
" " Drum
" " Bugle
" " Oboe
" " Mouth Organ
" " Accordeon
" " Autoharp

YOU had best work in some office, establishment, shop or factory, for..... until you get stronger or learn something more about the world.

THERE are other employments of a miscellaneous nature you can engage in, which circumstances may place at your option or compel you to follow.

THERE is a tide in the affairs of men which, taken at the flood, leads on to fortune; omitted, all the voyage of their life is bound in shallows and miseries.—*Shakespeare.*

A CERTAIN writer thus remarks, when there is a great strength of argument set before us, if we refuse to do what *appears most fit for us*, till every little objection is removed, we shall never take one wise resolution as long as we live.

A BRAIN like yours should generate many good ideas upon improvement, and if enterprising will write them in a book for future thought. By so doing you may profit much, as the exercise will tend to make more active your intellect for devising. I would advise you to apply your mind studiously to.....

VISIT shops, factories, mills, machinery works, etc., and endeavor to pick up new ideas or improve upon or add to the old. Peruse the *Scientific American*, *Power*, electrical and such journals. Read up accounts of the various devices, designs, improvements and inventions, and you will learn how hundreds of thousands of dollars have been made—(and the world greatly benefited)—from many apparently simple things.

.....

.....

.....

NOTE.—You should do well at what I mark you as fitted for, provided health, eyesight, etc., is good.

YOU should read the paragraphs I mark this ✗ sign by, as their perusal may impart some necessary information.

Amativeness,	Cultivate	Constructiveness,	Cultivate
"	Restrain	"	Restrain
Philoprogenitiveness,	Cultivate	Ideality,	Cultivate
"	Restrain	"	Restrain
Friendship,	Cultivate	Mirthfulness,	Cultivate
"	Restrain	"	Restrain
Inhabitiveness,	Cultivate	Imitation,	Cultivate
"	Restrain	"	Restrain
Continuity,	Cultivate	Individuality,	Cultivate
"	Restrain	"	Restrain
Vitativeness,	Cultivate	Form	Cultivate
"	Restrain	"	Restrain
Combativeness,	Cultivate	Size,	Cultivate
"	Restrain	"	Restrain
Destructiveness,	Cultivate	Weight,	Cultivate
"	Restrain	"	Restrain
Alimentiveness,	Cultivate	Color,	Cultivate
"	Restrain	"	Restrain
Acquisitiveness,	Cultivate	Order,	Cultivate
"	Restrain	"	Restrain
Secretiveness,	Cultivate	Calculation,	Cultivate
"	Restrain	"	Restrain
Cautiousness,	Cultivate	Locality,	Cultivate
"	Restrain	"	Restrain
Ambition,	Cultivate	Eventuality,	Cultivate
"	Restrain	"	Restrain
Self-Esteem,	Cultivate	Musical Ability,	Cultivate
"	Restrain	"	Restrain
Firmness,	Cultivate	Language,	Cultivate
"	Restrain	"	Restrain
Conscientiousness	Cultivate	Causality,	Cultivate
"	Restrain	"	Restrain
Hope	Cultivate	Comparison,	Cultivate
"	Restrain	"	Restrain
Veneration,	Cultivate	Intuition,	Cultivate
"	Restrain	"	Restrain
Benevolence,	Cultivate	Agreeableness,	Cultivate
"	Restrain	"	Restrain

NAMES OF THE FACULTIES.

THEY ARE MARKED WITH NUMBERS ACCORDING TO YOUR DEVELOPMENTS. (See explanation on pages 35, 36, etc.)

6 Amativeness	L A S W E	Color	5
5 Philoprogenitiveness		Order	∪ 7
5 Friendship		Calculation	6
6 Inhabitiveness		Locality	6
6 Continuity		Eventuality	5, 6
6 Vitativeness ∩	L —	Musical Ability	∩ 5
5 Combativeness		Language	5
6. 7 Destructiveness		Causality	6
5 Alimentiveness		Comparison	5
6 Acquisitiveness		Intuition	7
6 Secretiveness		Agreeableness	6
7 Cautiousness ∪		(See explanation on pages 33, 34, 35.)	
6 Ambition		Mental Temperament	7 ∪
6 Self-Esteem		Vital Temperament	5 ∩
6 Firmness		Motive Temperament	∩ 5×
6 Conscientiousness			
5 Hope		ACTIVITY. 7 ∪	
5 Veneration		*Head Measurements.*	
6 Benevolence			Inches
7 Constructiveness		Circumference of your head.....	
7 Ideality			
7 Imitation		Ear Orifice, over head across Firmness to opposite Ear Orifice	
6 Mirthfulness			
Individuality		From Ear Orifice across the Eyebrows to opposite Ear Orifice	
Form			
Size			
Weight			

EXPLANATION OF TERMS AND FIGURES.

THE scale for marking the relative strength and activity of the different conditions of the body and faculties of the mind is from 2 to 7. Figure 2 indicating small; 3, moderate; 4, average; 5, full; 6, large; 7, very large.

The + (plus or more) placed by a figure, shows that it is *larger* than it is marked, yet not so large as to require the next larger figure; the sign - (minus or less) that it is not quite as much as is marked; this ⌒ mark by a faculty signifies that it should be cultivated and increased in activity and size; this ⌣ mark that you should restrain, watch or properly direct it.

2. *Small* denotes a feeble activity, yet capable of service, when sustained by the other organs.

3. *Moderate.* This term implies a tone of function capable of much effort but not command; is only awakened by motives from abroad to venture and undertake operations on its own account. It is moderate in all things; if anything, falls short of, rather than gives thorough satisfaction.

4. *Average* is used to denote par. It indicates a good but not an energetic organ; one that has a fair influence in the mental council, but it never will be a predominating power unless continually excited to action.

5. *Full* expresses an energetic organ; one that has influence, but not authority; one which can urge, persuade, but not command, the will or understanding. Yet several full organs in one region of the brain would by concert and combination control the character to a great degree. The more organs in each head we mark full, the *more symmetrical* that head is made; the more harmonious their functions; and consequently the more uniform will be the character of the individual. Full is the size from which all functions should be studied; it expresses neither deficiency nor redundance, but plain, useful, and harmonious activity.

6. *Large* proclaims a powerful function, one which is capable of distinguishing and self-directing conduct. Several organs large, with a proper temperament, makes talent, or ability to urge the whole mind up to great effort on specific subjects. Large organs generally act in combination to make character.

7. *Very large.* This term is placed equi-distant from average with small, and is directly opposite to it in influence,

while both are *unnatural*, and cannot be safely trusted in the character. It expresses a function which is liable to control and govern especially the smaller faculties, constituting and giving tone and direction to the character and talents; easily *excited*, *powerful* in action, and quite liable to *abuse* or *disease*.

ACTIVITY.

MEANING.—A physiological condition resulting from a good circulation, and a fine and ample development of the nervous and muscular tissues. Dixon who crossed Niagara was a grand illustration of this.

Very Large, 7.—Is very active, restless, agile, quick motioned and wide-awake.

Large, 6.—Are supple jointed—except where muscles have been too much exercised or affected by hard work, etc. —you are a capably active individual when really interested in anything.

Full, 5.—Requires a motive to call out mental and physical energy, and can then be very efficient.

Average, 4.—Requires urgent motives to call out energy and activity. Need to be often told "hurry up, you're spending too much time on that; stir yourself, etc."

Moderate, 3.—Is too passive and indolent, mentally and physically. You work slowly, write slowly, and if in health, need something sharp like a pin or a spur to stimulate you. You wouldn't do for the fire brigade, cavalry, navy or electrical work.

Small, 2.—Are listless, spiritless, half-a-sleep about everything.

TO CULTIVATE.—*Your tendency is to be too slow.* Remember you can work much *faster* and just as efficiently if you try, the more you try the more you improve, and the more active *you will* become, thus *saving* much valuable time, and conferring a *benefit* on yourself. In time of emergency this very activity might enable you to defeat a foe, catch a train or boat, escape from a house on fire or something else equally important. Remember you move and work slower than you should, as if you had plenty of time to spare or didn't value it. Some have told me they got better results the faster they worked.

TO RESTRAIN. You must not be so restless, as by being so you keep yourself in poorer condition than is normal, besides being so stirring is very fatiguing to the heart, irritates the nervous system and reduces your weight.

MENTAL TEMPERAMENT.

The brain and nervous system, that part of the body which is employed in the generation and exercise of thought and which is the seat of feeling sensation, etc.

Very Large, 7.—Has extraordinary ability to generate thought, feeling, and emotion.

Large, 6.—Has reliable mental power and clearness of thought, if health and activity good.

Full, 5.—Has a large share of ability to think, study and write, which can certainly be highly cultured.

Average, 4.—Requires an effort to think, to feel intensely and clearly. You may have plenty of anxious thoughts, but that is not profound thinking. Education can greatly improve the activity of your intellectual operations.

Moderate, 3.—You have not a strong intellect, are not a good thinker, and must positively read and study to make it more active and efficient. If you neglect your brain your brain will neglect you.

Small, 2.—Are dull, cannot think deeply, and need to act under another, no matter how much health or strength you possess, or what assistance is given to you, will never rise in the world—except you carry the hod.

To CULTIVATE.—Read, think, study, and associate with the intellectual and well informed.

To RESTRAIN.—Do not use your brain so much and your muscles so little. Remember to have an even-working, reliably balanced organization, you should exercise each part regularly.

VITAL TEMPERAMENT.

It includes the entire system of internal organs located in the thorax and abdomen, namely the heart, lungs, stomach, blood, liver, viscera, etc.

Very Large, 7.—Possesses an excessive amount of vitality, animal life; can recuperate readily when exhausted, and generate the life-principle, provided you have sustained no lesion, etc.

Large, 6.—Has a great amount of vital power; can sustain trying ordeals which exhaust vital energy.

Full, 5.—Has, if not anæmic, good vital power; can sustain the ordinary labors of the day, but should avoid exhaustion, either by study or physical exertion.

Average, 4.—Has a fair share of life force, but should endeavor to increase it. Should not be compelled to bear much or continual fatigue or to stay up late.

Moderate, 3.—In your present state it would be serious for your mental and physical welfare if prostrated by illness or accident (and at no time are we safe from extra exertion). 1st. Because you have not much vitality. 2nd. You would be deprived of your accustomed activity, and your appetite would fail accordingly. 3rd. You feel melancholy now from slight causes, would still more if laid up, and thus consume strength and vitality faster than you can manufacture it, and I need not tell you a serious culmination would stare you in the face. Consult a physician now.

Small, 2.—If the hibernating bear were to retire for his winter sleep in a similar condition to your present state, no Indian or hardy backwoodsman who ever roamed the wilds of this fair Dominion would ever see him gaze at his shadow on the snow, or to quote from Edgar A. Poe's "Raven," see him cast his shadow on the floor, for his soul from out that shadow would be lifted never-more; he would have retired too thin.

To CULTIVATE.—Be more careful regarding diet, sleep, air, exercise and life-laws.

To RESTRAIN.—Restrain the appetite, and cultivate your mentality. A mind once cultivated is seldom idle.

MOTIVE TEMPERAMENT.

Meaning.—This includes the osseous and fibrous parts of the system, or the bones, muscles, tendons, and sinews. It constitutes the frame-work of the system and endows with muscular strength.

Very Large, 7.—The osseous and muscular systems are very strong. Can endure severe trials and hardships if healthy, and seldom becomes weary.

Large, 6.—Very strong bones and muscles. Can endure great fatigue and exertion, health and vitality being good.

Full, 5.—Can work efficiently, if in health but should not overstrain the powers.

Average, 4.—Have a good frame, should learn to endure the hardships of life, but must be very careful not to overdo the powers of your body or mind.

Moderate, 3.—Cannot make great exertion without feeling fatigued. Easily affected by hard work.

Small, 2.—Is hardly able to move about, or put forth effort without being tired.

To CULTIVATE.—Take regular, suitable physical exercise in moderation.

To RESTRAIN.—Cultivate the brain and nervous temperament as a balance to your muscular system.

AMATIVENESS.

SEXUALITY.—Love for the opposite sex. That peculiar feeling of attraction to and admiration of man for woman and woman for man. This organ is greatly affected by the state of health or by anxiety.

7. You are one who has very strong—perhaps too much of this—affection for the opposite sex, and think a great deal about them, and must be forever upon your guard against temptation. Would be very unhappy if you were compelled to live without a conjugal companion.

6. It is your nature to fondly love and desire to be loved by the opposite sex, and the ardor of your affections in this respect is much stronger than the average. You would be devotedly fond of a suitable conjugal partner, and health, etc., being equal, should be very happy married. Life seems not half worth the living if your affection in this respect is not satiated. You believe in loving and being loved, and no matter how brilliant your talents, or what your means or circumstances are, you will not be entirely happy except you have some one to expend your affection upon, and who will reciprocate yours.

5. If health good, freindship and benevolence fully developed, you can love devotedly and warmly—at times passionately—but if nervous, much irritated, §anæmic, or overworked, you will be weak and indifferent in this respect.

4. Have a fair degree of this love, can appreciate a conjugal companion if it is properly placed, your affection nurtured by kindness, and due consideration made for you. Will have about average strength of this faculty, but if you do not truly love, or your companion acts disagreeably, or your health is uncertain, or if troubled with neuralgia or heart palpitation, this faculty will be unsatisfactory.

3. In your present state the love faculty don't cause you much contemplation, and if never stronger than now, you won't be broken-hearted for or miss the companionship of the opposite sex. Have not that warmth of heart a strong man or woman is endowed with, won't inconvenience yourself greatly for them, or make much allowance for their follies, or be as lenient regarding their feelings as one marked 6. I would never advise one with Amativeness 6, good health and constitution, to marry one permanently like you are now.

§ Anæmic means watery blooded.

2. One who would marry you in the expectation of strong conjugal affection would be greatly disappointed. You manifest little strength of the feeling Amativeness 6 imparts, and should be very careful whom you marry. Except you wed some one not strong in this faculty I'm afraid you will be very miserable instead of happy.

To CULTIVATE.—Remember this world is one of trial and struggle, and if you earn the love of a suitable companion, will have one to counsel with and assist you in time of need. Bear in mind the finest specimens of the human race, most of the greatest men intellectually and physically, were and are very strong in their love for the opposite sex. The man who does not love is imperfect, the woman who cannot love and appreciate a suitable conjugal companion, is untrue to her nature, or physically impaired. Be as polite, obliging, and agreeable as you can, don't be too severe about what you regard as faults or imperfections, always try to please and don't be too easily offended. Cultivate the friendship, mingle with the healthy and good humored of the opposite sex, be less fastidious and distant towards them, yet you can be discreet, moral, careful and reasonable. If a husband or wife, be very thoughtful of and forbearing to your companion, endeavor all in your power to avoid behavior which will cause anger or unpleasantness, and by being anxious to add to each others comfort you increase your own happiness and lessen the chances of affections being alienated. To the married who are unhappy, or don't understand each other, I would recommend Prof. Fowler's great work on *Sexual Science*, it will impart valuable information which you should not, *must* not be without.

To RESTRAIN.—Endeavor to restrain your thoughts upon the Amative subject, as so thinking arouses your emotional nature, and the mind dwelling much upon this organ exhausts the brain, causes absentmindedness, inability to study, forgetfulness, frequently leads to dishonesty, derangement, and the commission of appalling crimes. Avoid stimulants, pictures, literature, or conversation calculated to arouse this passion. Look around you upon every side, and be warned in time by the awful misery and disease, blighted lives, ruined hopes, and unhappiness, caused by improper exercise of this powerful faculty. Lead a right physiological life, keep busy.*

* If you find it almost impossible to keep free from thoughts about this subject—and there are many thus afflicted who suffer greatly—special advice must be sought, as something may be wrong physiologically, which if neglected may cause very serious results to your mind or body. If you doubt my warning, read F. N. Otis' books, Storer on Insanity, or some such works.

PHILOPROGENITIVENESS.

Fondness for children. The fatherly and motherly instinct. Love of pets.

7. Should be a devoted father or mother. Except moral faculties weak. Would not like to be without children, will think a great deal of them, must have pets of some sort.

6. Love for children (or pets) is strong, but if nerves weak, or consider yourself deficient in strength or means to properly support or look after them, you will dread rather than desire (or perhaps not want) a family.

5. You can be kind to and careful of children, especially your own, but would not like to be much troubled by or have many of them to provide for.

4. If your love has been exercised through associating with interesting children you can be affectionate, but have not great love for or much patience with them; except Benevolence strong.

3. Have only a limited love for children, will not think of or interest yourself much about them, are likely to be too exacting, harsh and cross with them.

2. Are no lover of children, will treat them unreasonably and unkindly, should not be with or have charge of them.

To CULTIVATE.—Think! would you like others to be harsh or distant towards your own children. Do unto all children as you would have others do unto yours, the innocent little ones whose reasoning faculties and senses of right and wrong are not yet developed, and who cannot for long fix their attention, you surely cannot expect much from them. They can only give you in return for your trouble, unalloyed affection and an example of innocence and purity, and unless you become like these little ones you can never enter the kingdom of heaven.

To RESTRAIN.—Endeavor to repress your fears for the safety and well being of children. Don't imagine noises to be serious falls, or their cries, cries of pain ,or wondering if they are in mischief, danger, or will be brought home sick, injured, with some cause for annoyance, alarm or grief. In short don't bother your head so much, be so fidgety about, or "cautioning them so often." They'll have to take their chances like other children. Your parental anxiety is a useless waste of strength, and a cause of much exhausting irritation. Remember your childhood days' risks, escapes, and the trouble you caused your parents. If one dies, remove everything calculated to renew your grief, and endeavor not to think of or talk

about it. Be more firm in speaking to them; don't allow them to soil or injure furniture or clothes, and consider the feelings of your friends when they are noisy or troublesome. Remember every one don't care for children as you do, and if you don't check and direct them now, they are certain to suffer sometime, perhaps very severely, through their misbehaviour, for which you may be to blame.

FRIENDSHIP.

Love of kin and company. Desire for Society. Attachment.

7. Has very strong social feelings, does not like to be or live alone. May risk or sacrifice too much for friends.

6. If benevolence 5, moral organs average, is very companionable, warm hearted and much attached to those who earn your esteem. If amativeness and health good, should have ardent affection, and will likely experience love sickness early in life, and must be on your guard that you are not misled by it.

5. Like company and enjoy society, but if ambition and caution strong will not be disposed to neglect business for company's sake.

4. Has only a fair amount of friendly feeling, and can work or live alone easier than one marked 6 or 5; your sentiments are easily weakened in this respect.

3. You are slow in making friends, your affections in this respect easily alienated. People are not mistaken in thinking you cold, distant and unsocial.

2. You have not much friendly feeling, don't care for society. If selfish are likely to die unwept, unhonored and unsung.

To CULTIVATE.—Go more into society; be less distant or exclusive. Don't keep so much to your apartments; try to be as companionable as you can. Be kindly mannered to all, and try less to find fault.

Almost all the advantages which man possesses above the inferior animals arise from his power of acting in combination with his fellows, and of accomplishing by the united efforts of numbers what would not be accomplished by the *detached* efforts of individuals.—*J.S.Mill.*

To RESTRAIN OR PROPERLY DIRECT.—Remember your friendly feeling being strong you may like a person who is unscrupulous, and should be very careful with whom you associate, deal with, or confide in. Don't give a vote, make a promise, sign a bond or note, simply through friendship.

"Size up" your friends and be as sure as you can that no one is trading on your friendship. In your business dealings with anyone, be business-like, guided by reason, experience and observation, and not fooled by affection, for although you may be very kindly disposed, you *don't* know how the other party or parties feel. Many a man has been ruined through obliging or trusting friends too much.

INHABITIVENESS.

Patriotism. Love of Home and its Associations.

7. Is very fond of home, place and country, dislikes moving or changing your abode. Likely to suffer much from home-sickness if compelled to remain abroad or without a home.

6. Experience a satisfied and comforting feeling if you have a happy home. Will endeavor to have it properly furnished. You love—if other things are equal—wherever you settle. Very much dislike moving.

5. Love your home, feel pleased with its comforts and associations, but can when necessary change from one place to another.

4. If you have the means can regard many places as home, but won't be too liberal in your expenditure upon the house.

3. If locality large you like to see new places. It does not take much to make you change your camping ground.

2. You often like a change of scene and are not bothered with homesick feelings.

To CULTIVATE.—Think more of home, and remember that by being industrious and careful regarding it you are securing a haven of rest for a time of grief, accident, etc., to which we are all subject.

To RESTRAIN —Don't stay too much in the house. Get away from it oftener, and travel or seek change of scene occasionally. You will thus be less liable to homesickness, and will gain more experience of the world and its various phases.

CONTINUITY.

Application. Power of concentration. Ability to hold the mind to one process of mental action.

7. Will think too long upon the same subject, have great power of application, and like to finish one thing at a time, are often absent minded, and like Marshall Ney, can literally

shut up your mind to the one object you have in view, health, etc., being equal.

6. You dwell long upon the one thing, and can apply your mind very thoughtfully to anything you are interested in, health, etc., being equal.

5. You have good concentration of mind, and with activity and firmness large can be patient and thorough, but are not tedious if nervous system normal.

4. You can fix your attention—if nervous system healthy —upon a subject, or change from one thing to another without difficulty.

3. You like variety, are likely to leave many things unfinished, and be troubled with wandering thoughts.

2. It is very difficult for you to be thorough, you are too easily tired by anything tedious.

To CULTIVATE.—Pay strict attention to whatever you are doing. Don't allow your eyes or mind to wander, and look over thoroughly any work you do, and you will thus become more patient and thorough, be better informed, and less likely to leave anything undone or make mistakes.

To RESTRAIN.—If Activity 4 or 5 don't be so slow and tedious about your work. Remember time is life, and don't use so much in your endeavors to do everything of the same kind all at once. Try and turn your attention more rapidly from one thing to another.

Do not let your mind dwell too long upon any subject, as so doing strains the blood-vessels, and too much increases the intercranial circulation, brain temperature, and overworks the heart.

VITATIVENESS.

Constitutional power. Love of existence. Tenacity of life.

7. Your ancestors have probably exceeded 90 and 100 years of age, your constitution is (or was) uncommonly good, should live to a great old age, accidents excepted.

6. Your constitutional power is first-rate, you should be less liable to suffer from disease or illness and recover from them quicker than most people and if you live reasonably should wear well and last long.

5. Your constitution is much better than the average, and under favorable circumstances you should not have as much

sickness as the average man. Your health foundation is (or has been) much superior to most folks.

4. You should be careful and not impose upon your constitution. If you escape over exertion and much mental anxiety you may live to a good age, but worry or hard work or being too much indoors will soon debilitate you.

3. You are not at present (you may have been) one who can endure a great deal in the way of hard work, close application, much irritation or tax on your patience, and if you do so under pressure you surely invite nervous or muscular exhaustion, perhaps typhoid fever or fatal illness.

2. You have little power to resist disease and cannot expect to live long.

To CULTIVATE.—Don't use strength that should be reserved for the future. Never when wearied, sleepy or in need of rest engage in anything strength expending; are able to think, work, apply yourself, or endure for a period—your experience will teach you about how many hours or how long that period is—and if you exceed your limit serious mental or physical exhaustion may result. If you feel tired (peculiarly nervous or weary) in mind or body endeavor to rest, avoid excitement, don't despair, and by resisting disease you will help to conquer it. "There is a limit where the intellect fails and breaks down."—*Kant.*

To RESTRAIN.—Death is natural, you should regard it as such, and by being honest, industrious, and humane, be better prepared for it. You have a horror for the ghastly paraphernalia connected with funerals and the tomb. You contemplate the hollow square of six feet of earth with a feeling almost akin to despair, and must cultivate a more resigned and braver mental state or your life will be rendered miserable and your mind melancholic. Be more content to accept the inevitable.

COMBATIVENESS.

Courage, boldness, resistance, spirit of opposition.

"Courage," says Dr. Johnson, "is a quality so highly esteemed that it is respected even when associated with vice."

7. Is very courageous, fond of opposition, brave spirited, forcible, hard to defeat.

6. Has first-rate courage, a strong spirit, and should be steady, cool, and collected in time of emergency or danger.

5. Are not timid or weak in force, and when backed up

by Firmness 6 or other organs, have a motive to work for, or a cherished ambition to attain, can show forth excellent courage and be a most satisfactory worker.

4. You have a good degree of courage, but the manifestation of it will depend upon circumstances. If a healthy man, a term on a Canadian farm, a period in a lumber camp, or the army, would enliven you up and make you have more push. If a girl, or young woman, six months in some energetic situation might do you good—if you are healthy.

3. You do not face work difficulties or contentions with enough spirit, are too easily affrighted by them, and severely affected in mind if threatened with danger or trouble.

2. Have poor courage, too easily frightened, and will certainly need advice from others in time of danger, difficulty or sickness.

To Cultivate.—Think more philosophically about danger or trouble, bear in mind the fact, that it as a rule turns out *not* nearly as bad as you expected, and that the condition of your brain, especially if Causality 3, or Caution large or Hope 3, makes you more afraid than you should be. If you want to get out of a difficulty, or face a danger, you must be brave spirited. If you give in to fear you lessen your chances, won't fight or use your powers with the energy you are capable of, get more confused, may cause loss, an accident, perhaps break valuable property, lose your life and that of others.

To Restrain.—Remember you are too easily made angry, and getting so is not reasonable. Sensible men and women will have a contempt for and shun you, you will have few friends, and these you are likely to lose by your quarrelsome disposition. Besides you may get disfigured for life, or badly injured and are never certain of peace. Say to yourself, "is it worth my while to notice so and so, will it pay, what am I to gain, will I not risk much for perhaps nothing, and sometimes people—even one's own—never forget, even if they forgive a hasty action, or unfeeling remark, although uttered under the influence of anger. A quarrel is like a strange road, one never knows where it will lead to.

DESTRUCTIVENESS.

Executiveness, energy, force, severity, thoroughness, nerve to endure.

7. Is very hard minded, thorough, energetic, can endure or cause pain, gaze on scenes of bloodshed and violence with

greater ease of mind than the majority, and should be able to go through a great deal of work or severe trials, remarkably well, health, etc., being equal. You put great force into your actions.

6. Executive, nervy and strong spirited, can be very severe, angry and indignant, and is possessed of a temper which, if you are irritated or annoyed, will manifest itself in harsh, contemptuous, unfeeling, or improper language, and in violence if really provoked. (This, of course, is modified by religion and practiced self-control)

5. Has good propelling power, and if aided by large firmness or other faculties, can be very forcible and effective.

4. Shrink from the sight of blood, violent occurences peculiarly affect you. You don't like to see or read about scenes of horror, are not energetic enough, and take life too easily.

3. Will probably faint if you see one wounded. You shrink from pain or causing it, and will suffer much if harshly spoken to or dealt with.

2. You sadly lack energy and force, would never do for a dentist, surgeon, soldier or hospital nurse.

To CULTIVATE.—Be more energetic and stern. Exercise your nerve more. If you have to withstand cold, hardship, get teeth extracted, cause pain, or attend the sick, wounded, or dying, don't give in to the feeling of weakness, dread or horror, but endeavor to throw more force into your voice and actions, and you will improve in this respect.

To RESTRAIN.—Remember your indignation is too easily aroused, are prone to anger and a violent temper, if deceived, disappointed, or irritated. Never brood over insults or injuries, indulge revengeful thoughts or aggravate yourself by thinking over wrongs—remember it is often more dangerously expensive to avenge wrongs than to bear them—when you have to reprimand do so in a thoughtful and gentle manner. The person with an irritable or violent temper stands in the shadow of prison, electric chair or the gallows.

ALIMENTIVENESS.

Sense of hunger and thirst. Appetite.

7. Have a vigorous appetite, often eat more than is necessary, thus clogging body and mind, and generating cause for future trouble. Prof. Fowler says such as you will feel better by omitting a meal daily and in its place drinking

plenty of cold water. We never regret having eaten sparingly.

6. Are a hearty eater, highly relish your food, and have a keen appreciation of a well set table.

5. When in health have a good appetite, yet are not a gourmand, but enjoy your food and eat to live, not live to eat.

4. Your appetite at present is barely sufficient for your wants, are not a greedy eater. Your digestion is greatly affected by the state of your mind or body.

3. You probably know much about indigestion or dyspepsia, are very particular about your victuals. Consult a doctor or follow advice given and you'll improve your appetite, and as your health improves so will this organ.

2. You have hardly any relish for food, and your digestive organs are very weak.

To CULTIVATE.--Remember that if your appetite is not good you cannot remain strong, or do as much work either mentally or physically. Chew your food slowly and thoroughly before swallowing, don't hurry through your meals or engage in severe toil or mental exertion immediately after, and your food will be the easier digested. If your teeth are decaying or imperfect have them attended to by a dentist.

To RESTRAIN.—Don't think about inviting dishes, use your judgment to decide how much you shall eat. Be sparing in the use of stimulants or high seasoned foods. A fast occasionally may benefit your digestive organs by resting them. Allow not nature more than nature needs.

ACQUISITIVENESS.

Desire to accumulate and possess. Disposition to hoard and trade.

7. Are very economical, love to accumulate and possess much, are likely to be penurious or close-fisted if Caution large, would do a great deal for money, and be tempted by it if your moral organs are only average.

6. Are fond of money, will try to get full value for it, make close bargains and economize, except you are melancholic, disheartened by failures, unreciprocated affections, or that through feeling the need of amusement or recreation you spend all you can afford, or what some people may think more than you should. When people are fond of dress,

UTIOUSNESS.

lness, prudence, guardedness.

tious, guarded against carelessness, r accident, are particular about what ts, vehicles, elevators, gratings, walls, windows, doors, gas, fire, etc., take cessary precautions to guard against eculiarities and frequently experience lth, business, children, etc. The cts all the others, and has—or will pon your career.

our actions or about coming to a be on the safe side, and endeavor pected future.

ular about what you do, but under excitement through pathological e temper, you may often act indis-

of this organ which shows you are cau-, that you do not often make mistakes erience with. Your memory of various n, but your head does not manifest the lty, still it will likely operate for you in influence of irritation, sudden emergen- kely to act suddenly, not thoughtfully asty.

h or narrow at this organ, and you fear or be bothering your head or unfavorable consequences. etion, but through various causes y. If your temper is quick or bad no doubt you have some mark, a reminder of your adventures.

gh caution, will do many things with and cause many troubles

of results when excited, likely to a sudden death.

ust be more cautious and less ding any proceeding or undertak- inst rather than for you, and have lost, or may lose through l precaution.

uld remember that this organ is dert to expected trouble, unfavor-

6. Are guarded in the expression of your feelings or views and don't always tell the whole truth. Can, if occasion demands, practice humbug or evasiveness, act innocent if guilty, or seem otherwise than you feel, and it would require a close observation and patient investigation to expose what you endeavor to keep others in ignorance of or hidden.

5. Are efficiently suspicious, can keep your own counsel, exhibit strong policy and tact when you have a purpose in view.

4. Are rather candid, and except when excited, can restrain your feelings about important matters. Would not make a good diplomatist.

3. Are not reserved, your friends know a good deal of your virtues and faults, are too communicative.

2. Rather too plain and direct, don't suspect other's motives enough, show your feelings too easily.

To CULTIVATE.—Be careful whom you confide in. Remember many are too ready to repeat what you say. Cultivate more self-control, especially under the influence of excitement. Think over your expressions before you utter them, and be more suspicious and doubtful of people.

To RESTRAIN.—If you are so reserved many will form a wrong estimate of your character and disposition, think that you don't like or want to be sociable with them, or that you wouldn't accept anything from them, are doubtful of their honesty or purpose, or that you are not grateful for what they have done for you. Bear in mind how often you have been mistaken concerning people's intentions towards you, or what you thought they have said about you. If a commercial traveller, banker, speculator, salesman, etc., you will often think that those to whom you are talking, representing anything or trying to sell to, are doubtful of your veracity or suspect you are actually lying. You closely watch facial expressions, and if you thus bother yourself about what people may think while you are endeavoring to do business with them, you will lose a great deal by it in many ways. 1st. You will feel less confidence of a hopeful result. 2nd. You will be sensitive, and this is discouraging and irritating. 3rd. Your mind being distracted, your memory will not be as suggestive. 4th. You will have less enthusiasm and patience, may often lose a good order or customer, and will —as you can easily understand—defeat rather than promote your interests.

CAUTIOUSNESS.

Carefulness, watchfulness, prudence, guardedness.

7. You are very cautious, guarded against carelessness, infection, uncleanliness or accident, are particular about what you eat, the safety of boats, vehicles, elevators, gratings, walls, scaffolding, machinery, windows, doors, gas, fire, etc., take all necessary, often unnecessary precautions to guard against danger or trouble, have peculiarities and frequently experience acute anxiety about health, business, children, etc. The action of this faculty affects all the others, and has—or will have—a great influence upon your career.

6. Very careful in your actions or about coming to a decision, always trying to be on the safe side, and endeavor to be prepared for the expected future.

5. Are careful, particular about what you do, but under the influence of impulse, excitement through pathological conditions, or an irritable temper, you may often act indiscreetly.

S. You have a development of this organ which shows you are cautious, particular and watchful, that you do not often make mistakes about what you have had experience with. Your memory of various occurrences, etc., aids this organ, but your head does not manifest the width of those large in this faculty, still it will likely operate for you in a capable manner, yet under the influence of irritation, sudden emergencies, or excitement, you are likely to act suddenly, not thoughtfully enough, and often imprudently hasty.

4. Your head is smooth or narrow at this organ, and you don't feel the emotion of fear or be bothering your head about possibly dangerous or unfavorable consequences. Have a good share of discretion, but through various causes may act hastily or recklessly. If your temper is quick or bad may act desperately, and no doubt you have some mark, scars, sprain or wounds, as a reminder of your adventures.

3. Seriously lack enough caution, will do many things indifferently, likely to meet with and cause many troubles and accidents.

2. Is reckless, heedless of results when excited, likely to be severely injured or meet a sudden death.

To Cultivate.—You must be more cautious and less impulsive or hasty. Regarding any proceeding or undertaking count the chances against rather than for you, and remember how much you have lost, or may lose through want of proper reflection and precaution.

To Restrain.—You should remember that this organ is too active, and easily made alert to expected trouble, unfavor-

able, disappointing or unfortunate results. You are too nervous about whatever concerns you, that may go amiss. You should try and cultivate a more resigned state of mind, remembering that what is to be will be, and when you know you have done or are doing your best, let your mind rest.

AMBITION.

Desire to excel, be popular, famous, or distinguished, etc.

7. Are of a very ambitious nature, desire a position of importance, will, if Hope or Combat. good, strive hard to attain prominence. Love to be commended for your labors or accomplishments, easily affected by adverse criticism, are keenly sensitive about your reputation.

6. Like to have a good personal appearance, be considerately regarded and appreciated for your merits, etc. Are rather easily susceptible to slights, or to imagine an insult is intended. If Continuity large, Hope weakened or Caution 6, what affects your sensitiveness will prey on your mind for hours, maybe at intervals for days.

5. Are encouraged by praise, like to have a good reputation, but won't strive extra hard simply to gain the favorable comments of others alone

4. You are no follower of fashion or extra fond of outside show, you study the comfortable more than showy.

3. Despise flattery and think much style or show silly, are likely to lack polish in your conversation and be too plain mannered.

2. Have a distaste for etiquette and the fashions, are too coarse and lack normal sensitiveness.

To Cultivate.—Think how much you can gain by being more desirous of fame, notoriety or position. Read the lives of self-made men and women, distinguished characters, some born very wealthy and need not work or toil, still through ambition to get a name or reputation or the respect of their fellows, or do good, they strove hard, benefited the world and posterity, which all who are loving and have the welfare of humanity at heart should also do. By striving to accomplish something you benefit yourself by keeping your brain active, will, in case of necessity, be better off and can get through more work, study or business in a shorter time, you help your prospects or your finances, gain more friends and enjoy more comforts, besides having the satisfaction of knowing your powers and helping the advancement of the world.

To Restrain.—Be more indifferent to admiration and run no unreasonable risks to gain it or excite surprise. Endeavor to keep cool under embarrassing or awkward happenings, slighting remarks, glances or reprimands. Remember you cannot please everybody nor everybody please you. Don't have your eyes and ears so much on the alert to notice what you think is unfavorable towards you. Try to feel as if alone and not as if others were inquisitively "sizing you up." Keeping your mind so taut will make you morbidly sensitive, and this will have a most unfavorable effect upon your happiness.

SELF-ESTEEM.

Dignity. Love of liberty. Self-respect. Desire to command.

7. Is very dignified, independent, thinks a great deal of yourself and achievements, is proud, high-spirited, hates dictation or restriction, will want to be foremost or a leader of some sort. Cherish freedom and would sacrifice a great deal for it.

6. Like to manage your own affairs as best suits you, may often ask advice but generally please yourself. You want to experience and observe life in your own way and without restraint. Don't relish being dictated to, bound down, or interfered with.

5. Have a strong degree of independence, are not too proud, prefer a leading place but can follow another without friction.

4. In some matters you will show good self-esteem, but feel too inferior usually, and not as independent as you should and will thus often be at a disadvantage. Familiarity breeds contempt.

3. Too humble-minded, think almost every one is as good as you, or can with practice do most of what you can do.

2. Don't believe in yourself, allow others to dictate to and crowd you out or aside.

To Cultivate.—Place a due estimate on your powers of mind and body, remember how often you have lost good opportunities for want of proper faith in yourself, bear in mind that others won't respect you if you don't respect yourself, and you will never do as well in life if you don't reasonably estimate your capabilities.

To Restrain.—You incline too much to be arbitrary and

domineering, overrate some of your powers, have too much contempt for many, will do yourself harm and lose a good deal if you are not more humble spirited and reasonable in this respect. The world can do without the best of us. "The path of glory leads but to the grave."

FIRMNESS.

Power of will. Decision. Stability.

1. You possess excessive will power, are very stable, unchangeable, and can neither be coaxed nor driven. With Destructiveness large, manifest that determination and energy which removes or destroys whatever interferes with your plans or impedes your progress, and have that "iron will" which endures to the very last. Birchall, who was executed at Woodstock, Canada, for the murder of Benwell in the Blenheim swamp, had this combination.

2. Your health has first rate will-power, is determined, and when you make up your mind and are sure, can stick to it. This is a grand organ and acts like the helm to a vessel.

3. Persevering enough for the ordinary duties of life, and when assisted with large faculties, are firm in asserting, or performing your duties, &c.

4. Are generally placid, uncertain about deciding, and too liable to postpone, or allow circumstances to master you. Will never make a thorough student except Temperament and the other functions very favorable, and if your nervous system is out of order, will have very varying states of mind and cannot be fully depended upon by friend or foe. Should not indulge in betting, gambling, or strong drink, and must positively keep out of temptation.

5. Are too easily persuaded, unsteady in your purpose, and give it to different persons too quickly.

6. Are very changeable, fickle minded, and cannot be depended upon in anything.

7. [illegible] that you have not been [illegible] should and may be [illegible] your combination [illegible] most [illegible] what you might have

been or gained, if you only had been determined, exercised "Will" enough.

To RESTRAIN.—Do not be too set in your own way. At least *listen* to counsel from others, and carefully consider it.

CONSCIENTIOUSNESS.

Sense of justice. Disposition to do right. Moral principle.

Conscience does make cowards of us all.—*Hamlet.*

7. You will strive hard and even undergo personal inconvenience or loss to do what is right, you love truth and justice, and feel keenly moral obligations.

6. Mean to be strictly honest and upright, hate anything unjust or dishonest, are exacting about what is right, and will try to be moral and honorable; but if your Amativeness, Secretiveness, Destructiveness or Acquisitiveness is 6 or over; your Benevolence or Veneration 3, 4 or 5, your conscience will not be able to always keep you free from misdemeanors or errors; you will have to watch and pray that you enter not into temptation.

5. Wish to be consistent and upright in your dealings; will not give in to temptation without a struggle, but if the selfish faculties are the same as spoken of in 6 Conscientiousness, you are likely to be—if placed in temptation—overcome at times by your propensities, desires or temper.

4. There are many who have not a strict conscience who get along apparently free from any serious misdemeanors because they are not subjected to many trials or temptations. The kindly man or woman will not purposely wrong another, and you may do your duty well, but will often err in some way. Must be particularly guarded about your large faculties, whether your Acquisitiveness, Ambition, Destructiveness, Secretiveness or Amativeness. You may doubt it, but I tell you candidly that with this development if you meet with much trouble, over work, disappointment, or think you are slighted or not appreciated will be likely to often not do your duties as well as you should, speak untruthfully, or act in a manner not strictly honest or honorable. Dr. Johnson says, "Every man is a rascal as soon as he is sick," and I have known persons greatly changed through suffering and trouble, because their nerves and temper were altered.

3. Your sense of right and wrong is poor; you may be good-hearted or friendly, but will not hesitate much to say and do what is untruthful or dishonest.

2. If Acquisitiveness and Secretiveness large, Benevolence 5 or 4 will be untrustworthy, and if tempted, will not hesitate to lie, steal, cheat, or do many actions of an immoral or criminal nature.

To CULTIVATE.—Be penitent for your misdemeanors, omissions, untruthfulness and unworthy actions, and remember the promise, "If your sins be as scarlet I will make them whiter than snow." Keep from idle, frivolous, or doubtful companions and do not risk temptations. "He that loves the sword shall perish by it." Act scrupulously honest and upright in all things, and you will become stronger in your moral forces, and the ease of mind this will impart will make your life a happier and more useful one, and you will be free from much remorse in the future. Remorse—no matter what your wealth—will make your life a misery. Ask any criminal or prison chaplain.

To RESTRAIN.—Remember it takes many grades to make a world such as ours is. Be less censorious and exacting, at the same time just to all, irrespective of creed, nationality or opinion.

HOPE.

Joyful expectation. Confidence in the future, enterprise. Anticipation. Building castles in the air.

7. You indulge in unreasonable expectations. Too much seems possible for or in store for you; are very enterprising and likely to be misled by this faculty.

6. You look at the better and brighter side of things, are cheerful, sanguine, will attempt much, expect your affections to be most satisfactorily placed, fully reciprocated, and your wishes realized. If your reason is only 3 or 4, head or caution of average size, you will likely repent many foolish actions.

5. Are encouraged and stimulated by bright prospects, and if health, etc., good, will be quite enterprising, but will not run much risk except you have first-rate grounds for advancing. You should profit much by this development.

4. Not by any means as enterprising as you should be, are hard to elate or make enthusiastic except a person can almost demonstrate to you the way you will succeed.

3. Too prone to look upon the unfavorable and darker side of life, are frequently depressed in spirits and will likely lose many valuable opportunities, through thinking too little is in your favor. Except health and vitality are real

good you suffer from continual depression of spirits, and a peculiar dampening, wearisome, frightful anxiety which makes you most dejected, so that you cannot thoroughly enjoy anything. If you are injured, weakened, or suffering from illness, it will be remarkably difficult to make you believe you are not worse than you really are, and this *unreasonable* belief will make you less sanguine of a benefit or cure, and you moreover will not try as you should certain rules, appliances, or remedies. The physician who attends such as you—no matter how intellectual you are—will need sound judgment and plenty of patience. This "condition of Hope" makes you skeptical about favorable results. You won't seize your opportunities, nor work nor study in your spare time as you should and could do, nor properly enjoy your pleasures or wealth, and if you don't mind will become a melancholic individual.

2. Your mind dwells too often upon cares and obstacles, and such contemplation will tend to make you absentminded and in time lessen your sleep, you believe difficulties worse than you find them, and won't venture any more than you can clearly see or must. Suspense or disappointments cause peculiar or despairing thoughts, and may temporarily derange your mind.

To CULTIVATE.—You should endeavor to be more hopeful of success, and of your powers both mentally and physically. You wont use your health and opportunities as you should and could, if you don't improve this faculty. Hope keeps many an eye bright, tongue civil, disposition cheerful and resigned, many a countenance attractive and happy. But for the action of this organ the career of thousands would be a failure, and brilliant successes rarer in all lines. Look more on the bright side of life, and if you fail, try again and again, and bear in mind that we can accomplish very little, if we have not hope. You are too easily discouraged, remember this, struggle longer and anticipate the more prosperity, and you will increase this faculty.

To RESTRAIN.—Remember how uncertain things are in this life, and how little you can depend upon others. Don't be too enterprising or speculative. Make no thoughtless promises, and carefully consider all you do, and never act upon the buoyancy and impulse caused by this faculty except you carefully consider everything.

VENERATION.

Feeling of adoration for the Supreme Being. Respect for religion, superiority, greatness, age, and antiquity.

7. Has extraordinary reverence for a higher power, true greatness, honorable old age and antiquity.

6. Has a great respect for religion (if so educated) and what you consider worthy either in achievements or age.

5. With a religious education can be devout and zealous. If Conscience and Benevolence are strong are capable of being a really good Christian.

4. Are not of a very religious turn of mind, except through a love for mankind, special circumstances or through conversion.

3. Are neither sufficiently respectful nor devout, may often give offence through appearing careless of due respect to those whose station, etc., entitle them to it.

2. You have no piety, no feelings of adoration and little respect for religious observances or authority. If moderate in Benevolence, Conscience and large in Destructiveness, will be a selfish, lawless desperate character.

To CULTIVATE.—Be more respectful in your manners to parents and superiors. Whatever religion you are an adherent of be attentive to your devotions. If you are not a church member you should become one, there is nothing that will give you the same fortitude and courage to face and overcome the temptations and difficulties of life, nor impart the same peace of mind and consolation at death that religion will. You will gain in a worldly as well as spiritual way by cultivating this organ.

To RESTRAIN.—Rarely necessary to restrain this organ. Use reason, benevolence and conscientiousness with it, never be bigotted or prejudiced against anyone on account of his or her belief.

BENEVOLENCE.

Kindness, charity, liberality, tenderness.

7. Are very kindly disposed, charitable, very thoughtful of, and have a tender heart for the wants and sufferings of others, if health and nervous system normal. This faculty will assist your conscience and help to keep you from much that is wrong or cruel. It will prompt you to do and say much favorable to others. If used impulsively may cause

you much regret. If Reason or Secret about average use your eyes before you act, speak or lend.

6. Will help your fellow men and women with advice, time, and—if you think you can afford it—even money. You desire to benefit others. (Of course very large selfish organs or dissipation modify this).

5. In connection with large Friendship you will be very good-hearted and obliging to those you like, but to others you are not extra loving. If your sympathies are aroused you can be very kindly disposed and liberal.

4. Can be kind to those you love, but it is easy to arouse your dislike. You will not be very charitable, considerate or humane, and if Destructiveness large, or a high backhead, will have a dangerous temper if provoked.

3. You have a head low at this part, are very severe—you may be polite and apparently harmless, but would show little mercy and much brutal temper if your anger was aroused. Never carry a concealed weapon.

2. You are utterly selfish, ungrateful, and lack sympathetic feelings, no matter how polished your manner or fair your face.

To CULTIVATE.—Be more kind to everyone, help in any way you can, you never know yourself when you may need sympathy or a friend. Look around you and see how many there are delicate, sick, or in need. Visit the Poor Houses, Children's Hospital, Home for Incurables, General Hospitals, Houses of Providence, etc. Save your old or worn wearing apparel for the needy. Subscribe liberally as you can to your church and charitable objects. "The Lord loves a cheerful giver," and "charity covereth a multitude of sins." Never add to another's burden by indolence, carelessness, or an unkind word, and be charitable and considerate to all. Let "that kindness I to others show, that kindness show to me," be your motto.

To RESTRAIN.—Be careful whom you are generous with. Think of self and family, and do not promise, lend, or give impulsively when your sympathies are highly aroused. Think of the fate of many who have been ruined through being too sympathetic, and use your "Firmness" and reason with this faculty.

CONSTRUCTIVENESS.

Contrivance, ingenuity, versatility or talent in business, the arts, poetry, music, literature and mechanics.

5. Should be a natural mechanic, clever thinker or writer, easily understand machinery and the use of tools. This faculty aids in writing, painting, devising, and poetry.

6. Should be particularly ingenious, clever with pen or tools, will find out easy ways of doing many things. With large calculation this faculty has been the means of making a competence for many in Canada and the United States.

5. With large perceptive faculties you can use tools quite efficiently, and if you have the necessary patience should be very clever. You have good constructive ability, but it must be made active by mechanical employment, or aroused by your interest in something. If perceptive faculties, imitation, and vitality are fully developed and application strong, you can become a good mechanic and may be able to devise, etc.

4. If you follow a mechanical line of business, choose a plain branch of work, and be sure you measure everything careful, and get by rule.

3. You would not succeed as a mechanic, don't attempt to learn either carpet work or machinery.

2. You are clumsy with tools, will spoil work, be careful or you may cut your fingers off.

1. Constructiveness—Practise using tools, try to make something, observe closely all kinds of work and machinery. Whatever you do try to be exact and skillful.

To Increase.—Exercise your other faculties more, and don't spend so much time thinking about or working at mechanical affairs. Don't spend money on or attempt inventions like perpetual motion.

IDEALITY.

Poetical sentiment and imagery, refinement, love of literature and art. This is the faculty that chastens our thoughts and inspires us to improve and beautify.

7. Has a very refined mind and love for the beautiful, a vivid imagination, and the highest conceptions of beauty, poetry, and perfection.

6. You are fond of art, the exquisite and chaste, oratory, poetry, and all that is beautiful in nature if you are in a normal state.

5. Your taste, refinement, and love of the beautiful, poetic, and artistic should be really good, you like ornament, improvement, and advancement. If Constructiveness, etc., good, can become a good writer.

4. You like the neat, clean and practical rather than the the stylish which may look well, but lacks the necessary durability.

3. You don't care for poetry or oratory and your personal language will be devoid of embellishment.

2. You are defective in taste and refinement, unpolished in speech and commonplace in your behaviour.

To CULTIVATE.—Cultivate a love for the ornamental as well as useful. Read poetry, and admire the beauties of nature and art. Be as neat in your arrangements as possible, avoid low conversation, habits and associates.

To RESTRAIN.—You are too particular and fastidious in your tastes. Likely to lose and suffer much through being so, and must be more practical and less inclined for the beautiful and ornamental.

IMITATION.

Ability to copy, act, imitate, mimic. Power to adapt one's-self to different kinds of work and spheres of life.

7. You have first-rate ability to copy, imitate, and adapt yourself to circumstances if in health.

6. You can learn much from the actions of others and should have good ability to write, copy or mimic.

5. With good perceptive faculties and health, you can easily learn to do much that you see others do. This faculty marked 5, is capable of being made very efficient.

4. You may imitate or gesticulate under exciting circumstances, but are not really good to copy or mimic.

3. You would never make a good actor or actress, are only poor to copy from a pattern.

2. You have your own way of doing things, will take you a long time to change your methods.

To CULTIVATE.—Endeavor to copy, draw and imitate. Watch how people act and try to conform to circumstances.

To RESTRAIN.—Do not imitate or copy so much from others. Maintain more of your own personality and don't be so much of a mimic.

MIRTHFULNESS.

Wit. Sense of the absurd and ridiculous. Fun, humor, repartee, gaiety.

7. Are naturally quick witted, your sense of the ridiculous is very keen, easily make and take a joke. Laugh heartily, and like plenty of fun.

6. This organ will aid you in writing and speaking, you are fond of the ludicrous and amusing, and will if your mind is easy and health good be lively company.

5. Not particularly witty, but enjoy a joke and such journals as *Punch*, *Judge*, *Puck*, *Grip*, *Ally Sloper*, etc., and fun, amusement and pleasant company.

4. You don't see much to laugh at in jokes except they are very plain. Likely to be too serious in your manner, and are not as jovial as you should be.

3. You don't care for or go into enough lively company, are too straight-faced and glum.

2. You seldom laugh or perceive wit, and regard much joking as silly or foolish.

To CULTIVATE.—You should exercise your wit and mirth and have a good supply of humorous books, indulge in games and sports, and this will circulate the blood in other parts of your head than those continually employed in business or worry. If you don't laugh more and are so serious in countenance the muscles will set so and you will be unable to change your expression to pleasantness. Test what I say by having your photo taken.

To RESTRAIN.—Don't be looking around so much for something to laugh at, or make fun of. Don't tease, it only exhibits your restlessness of mind. Try and observe the correct and proper, and not merely that which is ridiculous.

"Never risk a joke, even the least offensive in its nature and the most common, with a person who is not possessed of sense to comprehend it."—*La Bruyere.*

INDIVIDUALITY.

Power to see clearly material things. Desire to examine, scrutinize, and notice peculiarities and defects.

7. You are a really powerful observer, not much will pass unnoticed by you, a great deal that others don't detect is seen by you. If Language 5, Comparison 6, you will have first-rate power to appropriately describe persons and things.

6. You understand much about practical things simply through being a strong observer. You should have a mind

well stored with facts and food for conversation. You take a delight in viewing whatever interests you.

5. Regarding whatever interests you can see very well, but are not a very acute observer, except in combination with other organs.

4. You would not sacrifice much money or put yourself to a lot of inconvenience to see things, and you forget a great deal of what you see, and lack the curiosity of 6.

3. You are a poor observer and cannot remember or give good descriptions of persons, places or things.

2. Look around you more or you may get injured, break things, or be run over in the streets.

To CULTIVATE.—Wherever you are, or whoever you meet, observe closely, and don't be content with a passing glance. You will find a great deal to interest your thoughts, if you are more minute in observing.

To RESTRAIN.—Don't let your attention be so much distracted. Think more about the cause, or creation of things, and look around less.

FORM.

Observation of shape, recollection of faces, family resemblances and expressions.

7. Eyesight, vital temperament and nerves being good, you should have a remarkable memory of shapes, forms, outlines and faces, quickly detect any deviation from symmetry, peculiarities in shape of features, animals or things.

6. Seldom forget forms or faces, are an admirer of handsome faces, figures, statuary, etc., will often recognize those who have forgotten you, with practice can become a good speller and reader, if Language 5.

5. Can recognize those you have met very well, in fact if you impress them upon your memory, will remember some of them for years, Individuality, and Vitality being 5.

4. Your memory of casual faces and forms is not reliable, may work well by eye from a pattern or form, but not by memory, will probably have to wear spectacles before you are forty. If Vitativeness only 4 perhaps long before that age.

3. You are very narrow between the eyes, cannot remember or call to mind casual faces a few days after seeing them, must be very careful of your eyesight.

2. You may recognize your father or mother, members of your family or old acquaintances, but you will not remember many faces, some not from one day to another. Your eyesight, I think, would be easily weakened.

NOTE.—I am greatly opposed to anyone wearing glasses because he or she thinks they need them. You should consult an Oculist and ascertain the condition of your eyes before taking such a serious step.

To CULTIVATE.—Look closely at the shape of everything. Learn botany, natural history, and especially studies which involve configuration. Look critically at people and observe eyes, nose, chin, mouth, forehead, etc., so that you may have something to aid your remembrance of them.

To RESTRAIN.—Don't waste time on inferior things, or what won't pay, regarding the exactitude of form and configuration. Be careful what remarks you pass upon clothes, the fit of her dress, bonnet, etc., or upon pictures, people's work, figures, or their faces.

SIZE.

Ability to measure by eye, to judge of the fitness and adaptation of parts.

7. Has an excellent eye for proportions, can judge of size, bulk, and distances almost exactly by eye.

6. You should be a very correct judge of proportions, the size or weight of anything or about how much certain utensils will hold, etc.

5. With the necessary practice you should judge very fairly of height, distance, width, and bulk.

4. In order to work with accuracy and avoid mistakes, you require rules and lines.

3. You are a poor judge of sizes and distances.

2. You don't notice, and are a poor judge of bulk quantities and sizes.

To CULTIVATE.—Guess the size of men, animals, and things. Judge the distance from one place to another. Guess how much certain articles weigh, and exercise this faculty when you can.

To RESTRAIN.—Do not allow disproportion and inaccuracies to disturb you so much.

WEIGHT.

Perception of the laws of gravity. Ability to ride, shoot, balance. Sense of force and resistance in machinery. Muscular control.

7. You should be able to walk a tight rope or wire cable, judge remarkably well the laws of gravity, ride, shoot, fence, skate or ride a bicycle with accuracy. Dixon, who crossed Niagara and the awful gorge at the Whirlpool Rapids, I marked 7 in this faculty, and it was aided by Activity 7. Calverley, who walked across at Niagara on a three-quarter inch wire cable quicker than anyone, has splendid perceptive faculties; "Weight" is very active; he is courageous and endowed with an intellect which will enable him to turn his hand to many things.

6. You have first-rate muscular control, and should be able to keep your equilibrium very well on heights, the sea, and use a rifle, or ride real well, if nervous system not out of order and Activity good.

5. If Constructiveness good you should understand much regarding leverage, machinery, and possess good balancing power, and if other conditions are equal you should with practice be respectable at what is marked for 6.

4. You can capably control your muscles, be quick upon your feet, or use skates well with practice, if Activity good, but must be very careful upon heights, water, about machinery or slippery places.

3. You are easily made dizzy upon a swing or height, are unsafe in winter without rubbers on your feet. You are not the one I would select to hold anything at a high altitude or dangerous position, or to empty powder, handle nitro-glycerine or acids, operate a circular, band or jig saw, nor any machinery, nor to cut particular articles, attend to wounds, or anything which if your hand shook might break, scratch, cause damage or explosion. You should always have some sticking or court plaster, finger stalls or needle and thread handy.

2. Your muscular control is poor, you often fall, and if fat or lazy may get seriously injured.

To CULTIVATE.—Learn to walk rapidly and gracefully, practice horse or bicycle riding, learn to use foils, skate, climb, throw quoits or play hand-ball, alleys for which should be erected in every town.

To RESTRAIN.—Do not walk on narrow or dangerous places, as much as you would like to. Be careful and avoid awkward positions if doing gymnastic work,—the strongest or most agile are often deformed, crippled or seriously strained, thro' imposing upon their muscles,—also remember

persons often lose their lives by ambitiously attempting extraordinary feats.

COLOR.

Perception and recollection of colors. Taste for mixing and arranging hues and shades.

7. Has a great memory of colors and shades. Fond of mixing and arranging them. Should be a natural color critic.

6. With perceptive faculties and Ideality well formed should not only be a good judge and recollector of colors, but should be able to tell the color or hues which suit fair, brunette or dark people, shades, etc., which match and look well together.

5. Your judgment of colors and their various blendings is good, and you can become a good mixer or judge of them, except this sense has been affected by deficient Vital Temperament, illness or accident.

4. You are not enthusiastic about bright or peculiar colors, like to see a good arrangement of them, but don't think much about them. If your health is uncertain you can't rely upon your sense or recollection of colors.

3. Your memory of colors is moderate; you may notice form, shape and beauty, but you don't closely observe, and will easily forget colors. Can tell very little about them at night.

2. Can hardly tell blue from green, or black from blue at any time. 4, 3 or 2 should not be employed as a signalman lookout.

To Cultivate.—Observe the color of eyes, hair, ties, dress, beautiful flowers, etc., more, and be thankful that you can enjoy the glorious variety presented to your eye, which thus relieves your vision of monotonous sameness. Get a card with samples of paints or ribbons on it and repeat the names of *each* color, look at them often, hang up where you will frequently see them. There are about 40 men in every 1000 who are more or less color blind, and hardly five women among the same number.

To Restrain.—Pay less attention to, and don't be so exacting or particular about colors.

ORDER.

Method, arrangement, neatness. Desire to work with regularity.

7. You are one who notices disorder probably quicker

than anything else. Are made fidgety and nervous by untidiness, uncleanliness or carelessness. Will likely overdo and be too precise, so much so as to be frequently irritated.

6. You want everything in its place and a place for everything, and will save much time and worry by your regularity. Will, if Activity and other conditions good, be very particular about how your work is done by others or yourself.

5. You are orderly and like to see things well arranged, and will be annoyed if things are not as they ought to be, but you won't be extra nice or fastidious.

4. You can appreciate order and like things on time, but are liable to be more careless than is to your interest, and thus lose much in many ways.

3. Are irregular in your methods and likely to have things too often in confusion, or leave them where they will be broken, rusted, or people fall over them, so that their tempers, as well as your own, are sorely tried. If a husband, don't be so lazy and inconsiderate of your wife. If a wife, listen to what Cobbett says, "Love cannot live for more than a month or two in the breast of a man of spirit towards a lazy woman." Many a good husband is made disheartened or indifferent to his home through a slovenly, careless, or irregular-working wife.

2. You can usually write your name in the dust, and lose much time looking for things. Much is wasted, spoiled, or becomes badly out of repair through your carelessness or procrastination. May be orderly if you are compelled to be so, not otherwise. You wouldn't do to work in a drug store, glass store or cartridge factory.

To CULTIVATE.—Bear in mind that without order we would not be secure, that you not only cause yourself trouble, but lose much from carelessness and leave yourself and others subject to—perhaps—fatal accident. It is not conscientious to be indifferent to the welfare of your employers, and if any of their belongings suffer damage through neglect you are responsible for same. Think of what you will avoid and save if you are only regular in your habits and punctual in your duties. Endeavor to realize what order, punctuality, and being on time really means.

TO RESTRAIN.—You should remember that average men and women are not by any means as pushing as they should be, that they will be careless or thoughtless occasionally, and that you cannot always expect things to go smoothly

and as you would like. It would be unreasonable to expect such. I won't assert it cannot be, but I say certainly things will not suit you a great part of the time.

CALCULATION.

Knowledge of numbers and their power in mathematics, in machinery and business estimates. Quickness in figures.

7. You should be a remarkably rapid and correct arithmetician. Unusually clever if Constructiveness is large.

6. You should calculate most efficiently, and if Eventuality is good, be first-rate at mental arithmetic, that is if your weight and lung power is sufficient for your brain.

5. If you receive the necessary schooling, health and vitality being equal, you should be an intelligent arithmetician.

4. If this faculty is regularly exercised and Memory efficient, you can become good at figures, but cannot expect to be an accountant, teller, or clever bookkeeper.

3. You frequently make mistakes in your computations, don't like figures, and will be only a passable calculator of them, and through this weakness may often be ill prepared for future expenses or a maturing note or debt.

2. It is possible, if you constantly exercise this faculty, that you may master the multiplication table.

To CULTIVATE.—Think more about numbers, add, multiply, subtract, divide and practice arithmetic frequently. Think about how much you should put by for repairs, and what is wearing out, etc. Be particular about your accounts, pay cash for what you want if possible, do not run up bills. Ignorance of arithmetic causes much loss, inconvenience, and poverty.

To RESTRAIN.—Don't think or talk so much about figures and counting.

LOCALITY.

Geographical talent. Desire to travel. Memory of places and where you saw things.

7. You have a splendid memory of places. If in health are very fond of travel and scenery, rarely forget where you saw or left anything. I have known worry or intense brain work to temporarily suspend the action of this organ.

6. If able to afford it you will endeavor to travel or see the world. Appreciate descriptions of places and tales of travel. Can find things if in their accustomed places, dress rself neatly or hitch up a horse in the dark.

5. Has a good general memory of places, but to keep them clearly in your mind must carefully observe special features. If you don't do so, you will likely be put to much trouble, especially if your nerves have been strained.

4. If you visit places frequently you will impress much upon your mind, but if travelling, should watch for landmarks, secure a guide or purchase a map.

3. Your memory of places is only commonplace, easily get turned around or forget the points of the compass.

2. You easily mistake your way, may take the wrong road and lose your life. Don't go far from your accustomed haunts.

To CULTIVATE.—Try to call to mind the appearance of places you visited; notice when you travel the signs, landmarks, and turns in the road, and charge your memory, whereabouts on a page, accounts, or ideas are, or where you saw certain people or things.

To RESTRAIN.—Think of the many inconveniences and risks in connection with travelling, and that you will not be well and reliably known, if you rove around so much. Think of the pleasures of home and try to settle down.

EVENTUALITY.

Memory of events, general news, stories, experience.

7. You should have a remarkably retentive memory, seldom forget anything of interest or importance, and if this is cultured, you should have a faculty like an Encyclopædia Britannica.

6. Your power of recollection is or should be so strong that it will retain almost everything of importance which occurs to you. You should be well informed upon general affairs. Any one who has a powerful memory possesses a great protector. It has more influence upon one's character than most people suspect. Anæmia and nervous exhaustion sadly weaken this organ.

5. For anything you like or are interested in your recollection should be good. This development can be most efficiently cultured, and if language and health be good you should converse or write very capably.

4. Whatever has made a strong impression, such as wounding your feelings, any great loss, pain, danger or trouble, you can recollect, but will experience inconvenience, occasional heartache, angry looks, blame, excitement, breathless

hurry; many runs up and down stairs, often have to turn back for something forgotten, omit to do this, forget to say that, etc.

3. Will have and cause many an inconvenience, likely loss or danger, through weakness of this faculty, are not a good relater of anecdotes or experience, and frequently forget appointments, instructions, parts of orders and much that you have heard, read, or that would have aided, protected you and helped your judgment.

2. Will likely often suffer loss through forgetfulness, and may cause accidents to yourself and others. The one with a poor memory is to be pitied.

To CULTIVATE.—Repeat in your mind what you have learned long ago,—so doing will help to resuscitate other knowledge—or what you have heard or read. Read the newspapers, history, mythology and essays, write notes, then try to recall, look over part of them at a time to aid this faculty. Appropriate a certain time or hours to particular things, go to bed, get up, and fulfil appointments as regularly as you can. Impress upon your mind important events, battles, storms, states of the weather, fires, changes, births, deaths, etc.; also keep a good almanac, and often count back from certain days. Look around you, use your eyes to see if you have left anything here, there, up or down. You can improve your memories of events and dates by doing as I advise.

To RESTRAIN.—Read less and don't let your mind be filled up with matters relating to your troubles. Put some of the time you spend on this faculty to other ones.

MUSICAL ABILITY.

Memory of sounds and voices, perception of harmony and melody.

7. You should be a great critic and judge of the harmony of sweet sounds, are passionately fond of music and should easily become eminent as a musician.

6. If your brain is in a normal state (not impaired by falls, dissipation, blows, abuse, drugs, ill treatment, insufficient food or sleep when young), your physical condition, digital flexibility and power of application good, you should be an efficient player of musical instruments, and get more tone or melody out of them than most folks.

5. Health, Vitality, and Activity being good, with the musical ability you possess, will enable you—if you properly apply yourself—to become a respectable performer.

4. Will, if in a normal condition, enjoy music, but the degree of skill you can attain in its performance depends upon health, activity, and the time you spend on it.

3. Your musical genius is very limited indeed. You could, if your muscles are strong enough, turn a hand organ, toll a bell, or perhaps operate a calliope.

2. Can hardly tell one tune from another, and no matter how intelligent you are, or how good your health or education, can never learn music. Part of the youthful days of many have been rendered wretched and their nervous systems injured, through forcing music upon them, "for which they had no talent or lacked the necessary vitality."

NOTE.—That I have advised to the practice of music, vocal and instrumental, many now successful performers, is well known.

N.B.—Some say, I have no musical ability, yet can remember—from hearing once played—parts of tunes when they hear them again, maybe six months afterwards. There must be a good memory of sounds or tunes in their brain, otherwise they could not recognize them when repeated. Many could acquire a knowledge of music that would be very gratifying, but, like the man with large arms who has not cultivated his strength and is not strong, they are not capable in this direction because they have not had the necessary practice.

To CULTIVATE.—Practice music, either vocal or instrumental, it will do you good, aid you in society, make you a more entertaining companion, and besides arousing your imagination will make your spirits more cheerful, and thus by relieving your mind for a while from business cares or anxiety the nervous system is soothed, thus benefiting your health and adding to your happiness.

To RESTRAIN.—Don't let the ecstacies of music be so continually floating through your thoughts, abstain from humming, singing, whistling, or lilting tunes so frequently, or you will lose far more than gain.

LANGUAGE.

Power to express thoughts, feelings and emotions by words. Expressiveness in language, art or music.

7. You should, if your forehead at Ideality is well formed, have an excellent command of words, repeat almost verbatim, and make a fluent, accomplished speaker.

6. Should memorize, with proper study, pages of what interests you, and with either the tongue or pen be competent.

to express your sentiments, or ideas, and describe what you have seen, if health and vitality are good.

5. You should have, if Eventuality and Perceptive Faculties are good, a really capable command of words, and write or speak in a competent manner.

4. You have not a ready command of words, hesitate for want of appropriate ones, and will often make mistakes in spelling, except health and vitality very good.

3. Will write better than speak, are not able to communicate your ideas fluently or rapidly. You will need a lawyer or representative in case of need to speak for you.

2. You don't talk or commit to memory easily, and can hardly be understood from your inferior manner of expressing yourself.

To CULTIVATE.—Enunciate your words distinctly and use a good dictionary, talk about any subjects you know something of, read up history and anecdotes, relate about them as well as you can, and if interested in literature, science, politics or religion, speak upon such subjects when opportunity arises.

To RESTRAIN.—Don't use so many words or obscure your ideas with so much embellishing. Think deeper and make sure you have good thoughts before you give them utterance. Don't speak unnecessarily, in fact, talk less, because excessive speaking injures the throat, overworks the intercranial veins, and too much increases the temperature of the brain, it wastes thought-generating material, as well as valuable time.

CAUSALITY.

Reasoning and planning power, originality, forethought, comprehensiveness of mind, judgment.

7. You should be able to calculate with great certainty what effects or occurrences will be produced by the application of particular means, clearly perceive the force of arguments, be able to explain or clear up abstruse points and difficult subjects, and should be conspicuous for sagacity, penetration, originality and sound judgment.

6. Should have first-rate intelligence, plan, manage and foresee to excellent advantage, be capable of giving sound advice, and with the necessary practical experience, understand the vicissitudes and uncertainties of life. Should be quite philosophical and a good reasoner.

5. If healthy and active, with large Comparison, Perceptive organs and an average sized head, should be a very good reasoner. Plan and manage—if Order good—so as to get along well and escape many mistakes. If Secretiveness is large you can lay plans well, and be very shrewd and tactical.

4 Can plan and look ahead well—if Eventuality is large—and if Order and Continuity strong through being exact and patient you will arrange your affairs so as to get along very satisfactorily, and may pass for being much stronger mentally than you really are. With a 21½ or 22 inch head, good vitality and these developments you can be very clever.

3. Are not original in theories, nor a good reasoner, don't like nor never will be suitable for nor succeed in a complicated business where you have to reason and manage; except Constructiveness 6 or 7 and brain very active, no matter what your health, education or circumstances are, in spite of the opinion of ancient philosophers and some so-called eminent men of the present day, who say we are all born alike and what one can do so can another, if he or she have as favorable circumstances and education. Be patient, temperate and hopeful and your judgment will improve as you grow older.

2. Are a partial idiot so far as reason is concerned, easily confused mentally, often frightened about many things because you cannot understand; can't play chess or checkers. Intoxicating liquors would quickly affect your head. Have weak judgment and will be frequently imposed upon.

To CULTIVATE.—Endeavor to think what is the cause of most phenomena, and take time to consider the best way to plan, arrange, and manage, study grammar geometry and philosophy, and never engage in anything without taking time to carefully consider.

To RESTRAIN.—Engage more in the practical and real, don't be meditating and thinking so much, as by so doing you weaken your observing powers.

COMPARISON.

Power to classify, illustrate and reason from premises taken or understood Ability to discern new truths.

7. You have extraordinary ability for comparing and analyzing. Illustrate with great clearness from the known to the unknown, discover the deeper analyses which pervade nature and have extraordinary power of discernment. Are a really great critic.

6. Have an excellent talent for comparing, expounding, explaining and criticising, employ similes and metaphors well. Should be able to illustrate and put your points clearly, frequently employ figurative expressions, make nice discriminations, readily detect fallacies in arguments and improprieties in the use of words. If your head is only 20 to 21 and 13 to 14 inches across Firmness, the next paragraph 5 will suit you.

5. Have strong ability to analyze, to compare and illustrate concerning anything you make a specialty of, have had much experience with, or fully understand. You can be a good practical explainer and critic, if health and vitality sufficient.

4. Will require to fully understand what you wish to explain or illustrate to give it clearness of expression. You are not a good critic of literature, and can only do well in explaining material practical subjects.

3. You may understand what you wish to communicate, but would require a great deal of practice to make you a correct expounder. Will never be a fluent critic.

2. The convolutions of your brain at Comparison will not be conspicuous for their size or depth. You are very inferior in discernment or discrimination.

To CULTIVATE.—Try to explain anything you speak or write about in as concise, plain and clear a manner as you can, minutely observe differences and distinctions, study logic, natural history and metaphysics.

To RESTRAIN.—Do not use so many similes, metaphors, and illustrations. Be less critical, we can find some fault or imperfection in most things or subjects if we want to.

INTUITION.

Perception of and ability to estimate a person's character, disposition and temperament by sight. The feeling that you can or cannot be in harmony with or trust certain people. Understanding from one's make up their constitutional power, organization, whether coarse or fine, and how to manage, speak to, or deal with them.

7. Have a remarkable insight into the temperament, character and disposition of those you employ, deal with, are interested in, or give advice to. Possess a peculiar sense which interprets the expression of faces. Health and perceptive faculties being good, with the necessary education, are a natural-born physician, statesman or detective.

6. Form a very correct estimate of those you meet from appearance. If vitality good, know about how to approach or deal best with them, but must of course expect to often make mistakes, as the temporary states of mind alter the features and affect the movements correspondingly. Can much improve your judgment in this respect by paying attention to the temperament and habits of people. Should never trust implicitly anyone—woman or man—whom you think is indiscreet, unsuitable, unreliable or deceitful.

5. Can form a very good idea of what a person's disposition or character is like if perceptive faculties are well formed. Never be partial or impartial, bigotted or prejudiced towards anyone on account of their religious or any other belief. Don't let such influence your sagacity. Be decidedly careful in your conversation or behaviour before those you are doubtful of.

4. About marked characters, that is those who are very irritable, unsocial, unfriendly or rough, you can form a very fair estimate of, but those who are deep, cunning, or have strong self-control you can poorly estimate, and are likely to be deceived by, or form an erroneous impression of.

3. Your sagacity and foresight except about those whose peculiarities are conspicuous, is limited. Can be hoodwinked and duped by a plausible manner and artful behaviour.

2. Are easily deceived by hypocritical acting, will think one disagreeable when only temporarily annoyed, or agreeable when only in extra good humor, or acting so for a purpose.

To CULTIVATE.—Look critically at all you meet, man, woman or child, and study their expressions and movements. Don't place much confidence in anyone thoughtlessly, and try to remember the appearance, looks, etc., of those you know to be idle, indifferent, ignorant or untrustworthy.

To RESTRAIN.—Don't be so anxious to learn one's character or peculiarities. Make due allowance for their good qualities. Many of us are more sinned against than sinning.

AGREEABLENESS.

Attractiveness of manner, blandness, suavity of speech, gentility of deportment, and kindness of expression.

7. Have an ease and gracefulness of manner that only those who are naturally agreeable can assume. Will be

listened to by people, and you will listen to them in a manner more forbearing than is general, and as a result will be spoken kindly of as a lady or gentleman of more than ordinary culture and merit.

6. If not irritable or affected by the cares of life are kindly toned in voice, courteous in conversation and will say whatever is necessary in business or otherwise in an agreeable and acceptable manner, which will ensure you a hearing, respect, or sympathy much quicker than is common. You can attract much patronage, win the esteem and gain the confidence of many through the action of this faculty.

5. With health and an easy mind will be agreeable, pleasant in your speech, and converse with others in a civil and courteous style. If you have an order to enforce, or something unpleasant to communicate, can do so in a manner less offensive or anger-provoking than is common.

4. Are a plain, civil speaker, but by no means over suave, and if out of sorts or irritated will be off-handed in your replies and speak in a manner abrupt, blunt or unpolished. You often unpleasantly ruffle one's feelings, perhaps without knowing it, so be on your guard.

3. Your tone of voice is common. We hear it in the crowded streets or markets. It makes one think I must be careful in speaking to this person, as he or she is disagreeable, disrespectful or uncourteous, and must have been ill-bred, badly raised or inferiorly educated. People will avoid you.

2. Your countenance, through deficiency of suavity, is distrust-breeding and repellant rather than attractive or pleasing—your smile is a sarcastic leer, and your physiognomy has the blemish of disagreeableness upon it.

To Cultivate.—Endeavor to *feel* and act more agreeable; for if weak you will be despised, imposed upon, treated harshly and often disobliged or inconvenienced; if strong you will be hated, disliked, spoken ill of, and your company avoided; you will repel rather than attract, so will it pay you to be irritable, cross, unpolite or hasty? Remember what you lose in custom, society, health, ease of mind and happiness through not being suave or polite enough.

"Good manners are a part of good morals."—*Whately.*

To Restrain.—Scrutinize carefully those you are brought in contact or have dealings with, and don't be too polite or many will try to take advantage of your kindness of manner. Put on a little more dignity.

NOW.

Remember, young friend, in thy earliest youth,
That no moment will ever return;
That if thou wouldst drink from the fountain of truth,
And the sweets of that fountain discern,
Thou must strike for true knowledge, true wisdom *to-day*,
With a spirit that never can bow;
Though the future its radiance may shed o'er the way,
Yet the moment for action is *now*.

—*E. T. Bush.*

CARE's an enemy to life.—*Twelfth night.*

"A woman's rank lies in the fulness of her womanhood: therein alone she is royal."—*George Eliot.*

THE truths of Physiology should be inculcated and enforced early, earnestly, and with the emphasis of high religious duty.—*Youmans.*

THE passions call away the thoughts with incessant importunity towards the object that excited them; and if we indulge the *frequent* rise and roving of passions, we shall thereby procure an *unsteady* and unattentive habit of mind. —*Watts.*

THE vices of the education given to our young ladies, the preference for acquirements purely ornamental, the reading of romances, which gives to the intellect a precocious activity and premature desires, together with ideas of *imaginary* excellence that can *never be realized*, the frequenting of plays and society, the abuse of music, and *want* of occupation are causes *sufficient* to render insanity most frequent among our women.—*M. Esquirol.*

YOU NOR I CAN'T PLEASE EVERYBODY.

'Twas Seneca's fate, that superintendent of wit, learning and judgment, the best of Greek and Latin writers in Plutarch's opinion, that renowned corrector of vice, as Fabian terms him, and painful omnicious philosopher that wrote so excellently and admirably well, could not please all parties nor escape censure.

No man so absolute (Erasmus holds) to satisfy all. I fear good men's censures, and to their favorable acceptance I submit my labors.

THE DEBILITATING CORSET.

Let those mothers who are afraid to trust nature for the strengthening and developing of the limbs and spines of their daughters attend to *facts*, and their fears will vanish. It is notorious that most of the girls who in opposition to the laws of nature, are incased in corsets, and get insufficient exercise, become deformed—while among boys, who are left to acquire strength and symmetry from unrestricted muscular action, deformity is extremely rare. In the girl the pressure of corsets impedes the flow of blood to the muscles, which being therefore improperly nourished *waste* away. They become *pale* and *flabby*, and suffer a diminution of their contractile power. They are no longer able to hold the trunk erect, and spinal deformity necessarily ensues. To produce this result a degree of pressure is sufficient, far below what is requisite to cause distortion of the chest and compression of the respiratory and digestive organs. In a school for young ladies, containing forty pupils, it was discovered on examination, that *only two* of these had straight spines. Here then is ample proof that corsets and *want of exercise* so far from contributing to an elegant carriage, are directly opposed to its acquisition.

HEALTH, plain looks and energeticness, discount beauty.

LET France have good mothers, and she will have good sons.—*Napoleon.*

A PROMINENT English physician declares that more women die annually in England because of *faulty* dress than from all contagious diseases combined.

"Is not that the best education which gives to the mind and to the body all the force, all the beauty, and all the perfection of which they are capable?"—*Plato.*

CHEERFULNESS, handiness, carefulness and courage are a better dowry with a wife, than a fortune without them. A healthy but poor girl with these qualities is rich.

THE LONDON HOSPITALS

Last year saved the lives of 10,772 consumptive persons, of whom 3,966 were men and 6,806 were women.

"A few more years shall roll,
A few more seasons come,
And we shall be with those that rest
Asleep within the tomb."

TO THE ANXIOUS, DISCONTENTED OR UNHAPPY.

You think, if whatever desire you most cherish was gratified, that you could do almost anything within your mental or physical strength. There are many things you would attempt or try to learn, and that you would really feel happy to have a good knowledge of; but there is some feeling to be gratified, some want supplied, or trouble or difficulty removed, and through this being the case, your mind is unsettled, your power to apply yourself is exhausted by the wandering wishes of your brain, and you seem as if you cannot fully set your mind to the tasks you would like until your desires are satisfied or your wishes granted. You think, if my mind was only at ease on this or that subject, or my anxieties quieted, I would be able to work or study with all my force, and that I would see clearer as to what I should or could do. You must not waste time in useless pining, which will certainly injure your nervous system and won't do any good. Many have let the spare time of years go to waste, and then did not gain by it, whereas if they had said, "Well, I'll take things as they come, hope for the best and not forget to *work right along*," they would have been better off in every respect both in mind and body.

"ACTIONS speak louder than words."

LIFE, however short, is made still shorter by waste of time.

HE who brings ridicule to bear against truth finds in his hand a blade without a hilt.—*Landor.*

ECCENTRICITY has always abounded when and where strength of character has abounded.—*J. S. Mill.*

IF you would be pungent, be brief; for it is with words as with sunbeams—the more they are condensed the deeper they burn.—*Southey.*

MAN, perfected by society, is the best of all animals; he is the most terrible of all when he lives without law, and without justice.—*Aristotle.*

ABOUT BRIGHT CHILDREN.

In my opinion mental precocity is a symptom of disease, and hence those who exhibit it very frequently die young. This fact ought to be specially remembered by parents, some of whom regard precocity, unless accompanied by *visible* disease, as a most gratifying indication, and on account of it, task the memory and intellect of the child. Sometimes, however, it is accompanied by visible deformity of the head, and then the fears of parents are greatly awakened. Take for instance the disease known by the name of rickets. Every person understands that this is a disease of childhood, and according to the best medical authorities it arises from the irritation or inflammation of some organ, and frequently of the brain. Its most characteristic symptoms when it affects the brain are an enlargement of the head, and premature development of the intellectual faculties.—*Dr. Brigham.*

Meckel observes that the mass of brain is increased in rickets. "One of the most remarkable phenomena in the second stage of rickets," says M. Monfalcon, "is the precocious development and energy of the intellectual faculties. Rickety children have minds active and penetrating, their wit is astonishing, they are susceptible of lively passions, and have perspicacity which does not belong to their age." He adds, "this wonderful imagination, this judgment, this premature mental power which rickets occasion has but a short duration. That an increase of mental power results from other diseases besides rickets, which stimulate the brain is evident in many instances, as in fevers which affect the head in inflammation of the brain and insanity." The following case is in point: "I have often," says Pinel, "stopped at the door of a literary gentleman, who, during his *paroxysms*, appeared to soar above the mediocrity of intellect that was familiar to him, solely to admire his *newly acquired* powers of eloquence. At other times he was a man of very ordinary abilities."

GOOD order is the foundation of all good things.—*Burke.*

I HAVE often thought what a melancholy world this would be without children, and what an inhuman world without the aged.—*Coleridge.*

BRAIN.—If the brain of a child is free from defects at birth, and acquires no improper impressions in infancy, it will not easily become diseased in after life.—*Cutter.*

CHEERFULNESS.

I can scarcely express how much the conversation of the physician influences the life of his patient, and modifies his complaints. For a physician powerful in speech, and skilled in addressing the *feelings* of a patient, adds so much to the power of his remedies, and excites so much confidence in his treatment as frequently to overcome dangerous diseases with very feeble remedies; which more learned docters *languid* and *indifferent* in speech could not have cured with the best remedies that man could produce. Dr. Rush insists strongly on the utility of inspiring "Hope," and states that he frequently prescribed remedies of doubtful efficacy in the critical stage of acute diseases, but never till I had worked up my patients into a confidence bordering upon certainty of their probable good effects. The success of this measure has much oftener answered than disappointed my expectations. The extent of good which a man of kindly feelings, sound sense, information and a ready command of language may do in this way is much beyond what is generally believed.

POVERTY wants some things, luxury many, avarice all things.—*Cowley.*

THE violence done us by others is often less painful than that which we do to ourselves.—*Rochefoucauld.*

IT is more from carelessness about the truth than from intentional lying that there is so much falsehood in the world. —*Dr. Johnson.*

WE are, in our search for happiness, like an absent-minded man looking for his hat, while all the time it is on his head.—*Sydney Smith.*

THE superintendent of a New York State lunatic asylum says that the excitement while engaged in a game of baseball has cured several patients.—*Telegram*, 17th June, 1892.

ZOLA.

Zola, in order to reduce his weight, abstained from drinking at his meals for two months, and during that time he got rid of thirty-two pounds of superfluous adipose.—*Mail*, 29th March, 1894.

TO THE INDOLENT, OR THOSE WHO DON'T EXERCISE.

That inactivity of brain lessens its healthy energy, and as a necessary consequence, diminishes mental power, is amply proved by daily and even hourly experience. Nor will this truth surprise any reflecting person who keeps in mind that by DISUSE, muscles become *emaciated* and *weakened*, blood-vessels and nerves *obliterated*, and bone itself *softened* and *altered* in structure; and who considers, that as a part of the same *animal* system, the brain is nourished by the same blood and is subject to the *same* vital laws as the muscles, bones and nerves. For direct proof, however, I need only refer to the well known influence of *solitary* confinement on the bodily and mental condition of even the most energetic and robust. Solitary confinement impairs and destroys mental vigor, solely by the forced inaction to which it subjects the brain; and unless relieved by occupation or the visits of attendants it becomes the most destructive of all punishments. Under its unmitigated infliction, the *strongest minded* man lapses into the feebleness of childhood, and the sternest resolution yields like the willow to the gentlest breeze.

LOVE moderately; long love doth so.—*Romeo and Juliet.*

IN the opinion of the world marriage ends all, as it does a comedy. The truth is precisely the reverse, it begins all.—*Mdme. Swetchine.*

A PREACHER with ordinary ability and good physical energy is always attractive, while the scholarly man with a weak frame was frequently never heard of.—*Dr. Bryce.*

NOSTALGIA.

In France where conscription is compulsory, and many have to serve in the army against their will, the effect of *mental depression* is remarkable. In an account of seven years it shows 97 men died from pure Nostalgia or Home-Sickness. We all experience this sometimes in our lives. Either through death of father, mother, wife or husband, or when we travel, have to stay away from home through necessity, etc.

TO MANY LADIES.

Whom first we love, you know we seldom wed.
Time rules us all. And life, indeed, was not
The thing we planned it out ere hope was *dead.*
And then we women *cannot* choose our lot.
Much must be borne which it is hard to bear;
Much given away which it is sweet to keep.
God help us all who need, indeed, his care.
And yet I know the Shepherd loves his sheep.
My little boy begins to babble now
Upon my knee his earliest infant prayer.
He has his father's eager eyes, I know,
And they say, too, his mother's sunny hair.
But when he sleeps and smiles upon my knee,
And I can feel his light breath come and go,
I think of the one, (Heaven help and pity me)
Who loved me, and whom I loved, long ago.
Who might have been * * * Ah, what I dare not think!
We are all changed. God judges for us best.
God help us do our duty, and not shrink,
And trust in Heaven humbly for the rest.
But blame us women not, if some appear
Too cold at times, and some too gay and light,
Some griefs gnaw deep. Some woes are *hard* to bear.
Who knows the past? and who can judge us right?
Ah, were we judged by what we might have been,
And not by what we are, too apt to fall!
My little child – he sleeps and smiles between
These thoughts and me. In Heaven we shall know all.

—Owen Meredith (Lord Lytton.)

If it *had been*, you might not be half as well off as you are. Make the best of what you have, and don't defraud your companion of *justly-entitled-to* affection.

COURAGE mounteth with occasion.—*King John.*

WE should accustom ourselves to self-denial and patient waiting.—*Scott.*

FIXED to no spot is happiness: 'tis nowhere to be found, or everywhere.—*Pope.*

OVERTASKING the mind is an unwise act; when nature is unwilling the labor is in vain.—*Seneca.*

IN all your labor keep in view the injunction of Polonius:

"To thyself be true,
And it must follow, as the day the night,
Thou canst not then be false to any man."

TO THOSE WHO HAVE OR ARE GOING TO RETIRE FROM BUSINESS.

It is from a similar cause that men accustomed for years to a busy and bustling life, almost inevitably become hypochondrical, melancholy and *enfeebled* in mind and *resolution* on retiring from active public service to the quiet of the country, without any pursuit to occupy their attention. The brain and mind being left inactive, soon lose their *healthy* tone, and indolence and ennui appear where calm enjoyment was confidently, but *ignorantly* looked for. It is the *same* cause which renders that *seclusion* from society, which invalids are apt to indulge in, so injurious to both bodily and mental soundness; and which often makes the situation of governesses one of misery and bad health, even where it is meant to treat them kindly. In many families, especially in the higher ranks, the governess lives so secluded that she is almost as much out of society as if she were placed in solitary confinement. For the same reason, those who are cut off from social converse by any bodily infirmity often become discontented and morose, in spite of every resolution to the contrary. The feelings and the faculties of the mind, which had formerly full play in social intercourse, have no longer scope for sufficient exercise and the almost inevitable result is irritability and weakness in the *corresponding parts* of the brain. Ennui and inactivity thus contribute to shorten life, and furnish another example of the adaptation by Divine wisdom of all things to each other. The human system is arranged on the principle of its acting in harmony with the requirements of man's social position, and health and activity thus go *hand in hand.* Ennui and inactivity imply that man has nothing to do worth living for and such being the case, the mechanism begins to rust and decay just as a machine made by man does when left unemployed. When loss of means or other *so-called* misfortunes *oblige* the man of ennui and idleness to exert his powers, activity, health and strength return, and his prospect of life improves.—*Read Combe's Physiology.*

THE bones require exercise to make and keep them healthy.—*Combe.*

THE men who succeed best in public life are those who take the risk of standing by their own convictions.—*Garfield.*

NO NEED OF YOUNG GIRLS

Or women having their heads examined say some. The fallacy of such expressions is easily proved. Women have the hardest tasks in life, the least pleasure and smallest remuneration, yet they must exercise the most patience. They cannot select a husband, yet a man can choose his wife from amongst many. Again, women have not, as a rule, as powerful an intellect as men, and they do not, cannot see and experience as much of the world as men can, and do. Thus much valuable information is out of their reach, consequently they should avail themselves of every opportunity which will afford knowledge, for "knowledge is power." There is nothing which will aid them as much as Phreno-Physiological advice. It is of immense help to them as regards their affections, emotions, capabilities, and will inform them if they are under, only, or over the average in bodily or mental strength. This it will certainly do. If they are good or bad managers, orderly, good reasoners, think much or lack system. If they are capable of acquiring any accomplishment as music, languages, shorthand, type-writing, elocution, etc., or succeeding as teachers, actresses, correspondents, hospital nurses, saleswomen, milliners, etc., as regards all their memories and much more, and what will this information cost? Only a small fee. Young women advised by me have earned from $5 to $20 per week and upwards.

MERCY to him that shows it is the rule.—*Cowper.*

TO SEND an uneducated child into the world is injurious to the rest of mankind; it is little better than to turn out a mad dog or a wild beast into the streets.—*Paley's Moral Philosophy.*

YOUR BOYS OR GIRLS.

See that they are employed in *some* way. It will teach them to be useful, self-reliant and capable in many emergencies. If you don't put them in the way of getting experience how are they to learn the various phases of life, and get used to sneers, sarcasms, contradictions, or be prepared to defend themselves against the designing or unscrupulous? How will they without experience acquire self-control?

Of the soul the body form doth take,
For soul is form, and doth the body make.—*Spenser.*

EXERCISE.

IF you don't often call your powers into play by work or exercise, *how* can you *expect* them to answer as capably in time of emergency. Remember how many occurrences, trials and accidents in the street, on the railway, ship, etc., beset us, and if we don't keep our bodies in *good condition*, we will regret it in time of need.

Life itself is sustained by the constant exercise of muscular power, and were either the heart or muscles of respiration to forget their part for a few minutes, existence would be at an end. Without the aid of muscular power man's grandest conceptions, and most energetic resolutions would remain unfulfilled, Shakespeare and Milton would have been mute as the statues which now represent their forms, and the immortal creations of their genius would have been lost to the world forever. Man being intended for a life of activity, all his functions are constituted by nature to fit him for this object, and they never go on so successfully as when his external situation is such as to demand the regular exercise of *all* his organs.

HE had the strength of ten because his *mind* was *pure.*

MANY strokes though with a small axe, hew down and fell the hardest timbered oak.—*Henry VI., Part III.*

IN GENERAL, every evil to which we do not succumb is a benefactor. As the Sandwich Islander believes that the strength and valor of the enemy he kills passes into himself, so we gain the strength of the temptation we resist.—*Emerson.*

SIR JOHN SINCLAIR mentions that the bones of trained persons become in a remarkable degree *harder* and *tougher*, and less liable to be injured by blows or accidents. Delabere Blaine also, in speaking of the deposit of earthy matter and the consequent consolidation of the bones of the horse being hastened by anything that permanently *quickens* the circulation through them, remarks that Nature gives to young animals a playful disposition for the purpose of increasing the flow of blood, etc.—*Blaine's Outlines of the Veterinary Art.*

WORKINGMAN'S FORTUNE.

Health is the workingman's fortune, and he ought to watch over it more than the capitalist over his largest investments. Health lightens the efforts of body and mind. It enables a man to crowd much work into narrow space.—*Dr. Channing.*

THEY are as sick that surfeit with too much as they that starve with nothing.—*Merchant of Venice.*

MEN may judge us by the success of our efforts; God looks at the efforts themselves.—*Charlotte Elizabeth.*

FEWER folks would be sick if they *understood* and took *proper* care of themselves and exercised reasonable self-control.

OF ALL things *knowledge* is esteemed the most precious treasure, because of its incapacity to be stolen, given away, or consumed.—*From the Sanskrit.*

A CAREFUL record kept at Yale for eight years shows that non-smokers are 20 per cent. taller, 25 per cent. heavier, and have 60 per cent. more lung capacity than smokers. A recent graduating class at Amherst presented a similar difference in favor of non-smokers, who had gained in weight 24 per cent. over the smokers, and in height 37 per cent., and also exceeded them in lung capacity.—*Mail,* '94.

ABOUT CIGARETTES.

WASHINGTON, Feb. 13, 1892.—The Ways and Means Committee of the House will be petitioned to prepare a bill invoking the paternal condemnation of the Government upon the cigarette habit. Accompanying the memorial is a statement which says, "Clippings taken from papers throughout the United States show that during the past year there have been about 100 deaths of young men, mostly under 16 years of age, from the effect of paper-wrapped cigarettes. In some cases there has been an analysis of the stomach and in most instances have been found phosphorous and arsenic which are largely used in the manufacture of cigarette paper. About 100 men have also been consigned to insane asylums from the same cause."

THINKING ON ONE SUBJECT.

It is well remarked by Tissot that the disorders produced by the efforts of the mind fall soonest upon such as are *incessantly* engaged in the contemplation of the one object (or subject). In this case, he adds, there is only one part of the sensorium (brain) acted upon, and that is always kept upon the stretch; it is not relieved by the action of the other parts, and therefore is sooner diseased or injured. The same rule, holding with the brain as with the muscles, that the exercise, which, if divided amongst the different parts of which it is composed, will strengthen them, will, if confined to a few, exhaust and impair them. The celebrated Boerhave himself, after a long period of intense thinking, suffered for six months from excitement of the brain bordering on madness and characterized by that *want of sleep*, *irritability* and *indifference* to *ordinary* interests, which so often appear as the harbingers of insanity.

FRIENDLY counsel cuts off many foes.—*Henry VI. Part I.*

THE greatest homage we can pay to truth is to use it.—*Emerson.*

IS DEATH the last sleep? No; it is the last and final awakening.—*Walter Scott.*

GIVE a gossip one link and she will make it a complete chain of evidence.—*Galveston News.*

TOO MUCH sensibility creates unhappiness; too much insensibility leads to crime.—*Talleyrand.*

NOTHING is at last sacred but the integrity of your own mind. Absolve you to yourself and you shall have the suffrage of the world.—*Emerson.*

A TRAGIC END.

A young woman dies of *grief* on receiving a *false* report of her husband's death—dastardly trick of a rejected lover. This is one more proof of the terrible *effect* of *anxiety* upon the body. A false report caused this, and when the husband returned a few days after, hearty and well as when he left her, he went wild with grief.—See *Mail*, 1st Feb., 1892.

"Little words of kindness,
Little deeds of love,
Make this world an Eden
Like the Heaven above."

SELF-CONTROL.

A man who has a strong mind can bear to be insulted, can bear offences because he is strong. The weak mind snaps and snarls at a little; the strong mind bears it like a rock, and it moveth not, though a thousand breakers dash upon it and cast their pitiful malice in spray upon its summit.

[Napoleon said, "He who can control himself is greater than he who controls armies." Parents will find their *greatest* achievements in controlling themselves—the next in teaching their children self-control.]

FEW love to hear the sins they love to act.—*Pericles.*

A LITTLE fire quickly trodden out which being suffered rivers cannot quench.—*Henry VI., Part III.*

LAUGHTER is the expression, the language of mirthfulness, we look upon it as a physical, mental, and moral necessity, the power to laugh well is a valuable possession. It implies the power to *appreciate* well.—*E. T. Bush.*

TO INEBRIATES.

Read and think over my references and consider will it not be worth your while to consult me. I have known individuals confined in prisons and asylums who once indulged in drinking "to excess," and the cause was from want of enough "firmness," "weakened hope," disappointed ambitions, etc. The illustrious Kant, who studied continuously and lived to a very advanced age, placed great reliance on the power of human reason as a remedy for disease. He believed that by the force of reason alone man is to a certain degree able to master his sensations. If you are informed of your *weak* points and how to *strengthen* them it may give you great *help to overcome* your failing. Perhaps in time so assist your "will-power" as to enable you to thoroughly manage yourself.

DELICATE FOLKS NOT WANTED.

From the child to the youth or adult, if you are not strong, or if you are delicate, weakly or troublesome, people will soon be tired of you. If you are a woman, must be very careful whom you marry; be sure he is strong, industrious, moral and patient. Young man, exercise; you may have to provide for another as well as yourself. Young woman, if you wish to bear life's trials and burdens successfully, work, exercise, and *endeavor to increase or keep up your strength.* Statistics prove that gymnasium-trained girls are half as strong again as girls who have not been so trained.

A GOOD digestion turneth all to health.—*Wordsworth.*

THE highest and most profitable learning is a knowledge of ourselves.

DISEASES desperate grown by desperate appliance are relieved.—*Hamlet.*

JULIEN GORDON'S opinions concerning "Healthy Heroines" are full of wisdom. "I think," she says, "in regard to the effect of the mind on the body, it is too little understood that mental habits have an enormous value in deciding the *physical* condition. In the same way the physique tells upon the intellect. No good work can grow out of exhaustion, no fertility nor genius from nerves unstrung and jaded."

THE VITALITY OF BRAIN AND HEART.

There are two parts of the human organism, Dr. Balfour tells us, which, if wisely used, "largely escape senile failure," the brain and heart. Persons have often wondered why brain workers should continue to work with almost unimpaired mental activity up to a period when most organs of the body are in a condition of advanced senile decay. Dr. Balfour tells us the normal brain "remains vigorous to the last." Who is there that will not rejoice to find that the brain may continue to improve almost to the very last hour of life? As in the case of the brain, there seems to be excellent physiological warrant for the conclusion that, caeteris paribus, the aged heart succeeds to, at any rate, a relative increase of strength as time goes on.—*London Hospital.*

"He that outshines his age is like a torch,
Which, when it blazes high, is apt to scorch;
Men hate him while he lives, at last no doubt
He wins affection—when his light is out."

—*Conington.*

THE WILL TO LIVE.

Every military physician of experience is well aware—and will bear me out in the statement—that those who wish and "will" to live, even after being dangerously wounded, often "recover," while many others who are despondent or indifferent die.

WE are advertised by our loving friends.—*King Henry VI.*

WHATEVER thy hand findeth to do, do it with thy might.

WHO has no inward beauty, none perceives, though all around be beautiful.—*Dana.*

TRUE Christianity will gain by every step which is made in the knowledge of man.—*Spurzheim.*

IF we give way to our passions we do but gratify ourselves for the present in order to our *future* disquiet.—*Tillotson.*

THE greatest of men live unseen to view, while thousands are not qualified to express their influence.—*Beecher.*

WHAT an excellent thing did God bestow on man when he did give him a good stomach.—*Beaumont.*

ALL the precepts of the Divine law are linked together. Negligence in one single point may lead to the destruction of all.—*St. John Chrysostom.*

PERHAPS there was nothing ever done in all past ages, and which was not a public fact, so well attested as the resurrection of Christ.—*Dr. I. Watts.*

TO PHRENOLOGY may be justly conceded the grand merit of having forced the inductive method of inquiry into mental philosophy, and thus laid the permanent foundations of a true mental science.—*Encyclopædia Britannica*, 8th Edition.

FAMOUS MEN UNPROMISING IN YOUTH.

Burns was a dull boy, good at athletic exercises only.

Poe at West Point was a laughing-stock to his schoolmates.

Byron at Harrow was in no way distinguished above his fellows.

Napoleon and Wellington in their school days were distinguished only for dullness.

Scott tells us in his "diary" that for a time he was underrated by most of his companions.

Sheridan's mother presented the future dramatist to a new tutor as an "incorrigible dunce."

Balzac's family were sarcastically indignant at his presuming to believe he could write.

Bismarck once told a friend: "My poor old mother never would believe that there was any good in me."

Montaigne tells us in his "Essays" that his effort to become an author was laughed at in his own province.

An acquaintance once told Pope that a thing called "An Essay on Man" was just out, and was "most abominable stuff."

The good burghers of Stratford-on-Avon saw nothing in Will Shakespeare, the butcher's boy, but a wild harum-scarum brain.

Goldsmith, up to the time of the publication of "The Traveller," was looked upon as an idiot by almost all who knew him. Afterwards he was dubbed an inspired idiot.

Sir Humphrey Davy was by no means esteemed a brilliant boy. "While he was with me," said his teacher, "I could not discern the faculties by which he was so much distinguished."

Robert Olive's family were thoroughly disgusted with him by the time he was 18 years old, his reputation for stupidity being then only equalled by his reputation for general wickedness.

Thomson, author of "The Seasons," in the early part of his life, so far from appearing to possess a sprightly genius, was considered by his schoolmaster and those who directed his education, as being without even a common share of parts, and his companions thought contemptuously of him.

WEAKENED THEIR WILL POWER.

There are many men and women with first rate organizations mentally or physically who would never have indulged to excess in exhilarants, opium, tobacco, morphine, etc., or intoxicating beverages, but through *overworking* their brains or bodies they have weakened their Volition or "Will," depleted their ability to enjoy, and then the craving for a powerful stimulant ensued, which finally enslaved them.

Sow an act and you reap a habit. Sow a habit and you reap a character.—*Thackeray.*

IGNORANCE is the curse of God. Knowledge the wings wherewith we fly to Heaven.—*Henry VI., Part II.*

MANY a man dreads throwing away his life at once, who shrinks not from throwing it away by piecemeal.—*Howe.*

PLEASURE and Revenge have ears more deaf than adders to the voice of any true decision.—*Triolus and Cressida.*

THERE is no safety in ignorance. Knowledge is the greatest light and power in the world, and in knowledge only is there protection.—*Dr. Pancoast.*

Daniel Webster was once questioning an old farmer, who didn't recognize him, about the Webster family and was told: "That Dan. Webster never was of much account, but I believe he went up to Boston and got to be some kind of a lawyer or 'nother."

CULTIVATE the physical man exclusively, and you have an athlete or a savage; the moral only, and you have an enthusiast or a maniac; the intellectual only, and you have a diseased oddity—it may be a monster. It is only by training all together—the physical and spiritual—that the complete man can be formed.

INTENSE NERVOUS STIMULUS

Acts for *bulk* of muscle, and Sir Walter Scott shows *his* knowledge of this physiological *fact*, when he makes the strongly built form of Balfour of Burleigh fall under the blow of the comparatively slight but *nervous* arm of Claverhouse, in the retreat after the battle of Drumclog.

Domestic happiness, thou only bliss
Of Paradise that has survived the fall,
Thou art the nurse of virtue.

MARRIED 50 WOMEN.

In the *Toronto Mail*, 15th Feb., 1895, an account is given of an individual who made a specialty of duping and marrying as many women as possible, and had a wife in Chicago helping him with the game. He had on his person when arrested the names of more than one thousand eligible women, besides letters from girls and ladies in the upper walks of life all over the country. It is said he has three wives in New York city alone, as well as four in Chicago and several in St. Louis. He has succeeded in marrying perhaps 50 women under different names.

GOOD MEN are a public good.

THE worst is not so long as we can say this is the worst.—*Lear.*

FORBEAR to judge for we are all sinners.—*Henry VI., Part II.*

HE who surpasses or subdues mankind must look down on the hate of those below.

JULIUS CÆSAR says, "Better have the worst at once than live in continual dread of it."

MODERATE lamentation is the right of the dead; excessive grief the enemy to the living.

FEAR is far more painful to cowardice than death to true courage. Fear has many eyes.—*Cervantes.*

THE diseases of society cannot no more than corporeal maladies be prevented or cured without being spoken about in plain language.—*John Stuart Mill.*

FEAR plunges the system into that state of debility which predisposes to fatal impressions, while the moral force of confidence enables it to repel contagion.—*J. W. Dawson.*

A PERSON under the power of *love*, fear, anger, great pain or deep sorrow, hath so little government of his soul, that he cannot keep it attentive to the proper subject of meditation. —*Watts on the Improvement of the Mind.*

QUEEN VICTORIA.

A paragraph has been going the rounds of the papers which states that for some time before the Queen went to the Continent, she had become a victim of pronounced ennui. There is not a particle of foundation for this statement, which is pure invention. The Queen has, of course, been benefitted considerably by her foreign tour, although she was in excellent health and spirits before she went abroad, but even if her Majesty had any disposition towards ennui, which she has not, her constant, arduous, and varied avocations would leave her no leisure for any such malady.—*Mail*, 9th May, 1894.

THE happier the mind the better the sleep.

LOVE is better than spectacles to make everything seem great."—*Sir Philip Sidney.*

THE truly generous is the truly wise; and he who loves not others lives unblest.—*Horace.*

ONE misfortune of extraordinary geniuses is that their very friends are more apt to admire than love them.—*Pope.*

THE first great requisite is absolute sincerity. Falsehood and disguise are miseries and misery makers.—*Coleridge.*

IT has been well observed that we should treat futurity as an aged friend from whom we expect a rich legacy.—*Colton.*

HAPPILY for mankind the "dangers of knowledge" are now so little dreaded in comparison with the certain evils of physiological ignorance, that while the number of objections against its general diffusion is every day becoming smaller, the number of its advocates is increasing in tenfold proportions, especially among the highest class of minds.—*Dr. A. Combe.*

UNEVEN HEAD.

If the chest, back, leg, arm, hand or foot had a noticeable hollow or depression in it, it would certainly reduce its strength, and such would be the thoughts of any intelligent person; and so with the head or skull. If it is noticeably depressed, hollowed or uneven in any part or way it affects the action of the brain (and mind).—*See Works on Insanity.*

"Oh wad some power the giftie give us,
To see oursels as others see us!
It wad frae mony a blunder free us,
And foolish notion.

SELF-FORMING POWER.

Dr. Channing says of all the discoveries which men need to make, the most important at the present moment is that of the self-forming power treasured up in ourselves. They little suspect its extent, as little as the savage apprehends the energy which the mind is created to exert on the material world. How *it slumbers* in *most* men *unsuspected*, unused.

EVERY man must buy experience, and the first fees are heavy.—*Bulwer.*

There are 240 bones including the teeth, and more than 400 muscles in the human body.

Temperaments are peculiarities of constitution *affecting* the manifestations of mind, and indicated by *unmistakable* external signs.

CHARACTER cannot be made permanent on a false foundation. The life that is true in its principles and motives, and is built in righteousness, will endure; all else will fall.

When *any part* of the system is active it invariably attracts to itself an increased supply of blood and nervous energy, so young man or woman this fact should encourage you to regularly exercise your brain.

HENRY CLEWS, THE MILLIONAIRE,

Is of opinion that nature has provided a place for every man, and if he can discover exactly what business nature intended him to follow, his fortune is assured. "A man who was intended for a blacksmith will never be a successful banker," said Mr. Clews. "Every man possesses special qualification, for some trade or art. If he can find his place money comes to him easily. My advice is to *find out* what *you are fit for*, and then go to work at it with heart and soul."--Toronto *News*, 6th August, 1890.

If every man's internal care
Was written on his brow,
How many would our pity share
That have our envy now.

HEALTHY NERVOUS STIMULUS.

So influential indeed is the nervous stimulus that examples have occurred of strong mental emotions having instantaneously given life and vigor to paralyzed limbs. Even a permanent cure of impaired action, says Dr. Williams, has been effected by the excitement of religious fanaticism.—*Principles of Medicine, 2nd ed., page 90.*

WHEN a woman's face is her fortune, nine times out of ten she will die a pauper.—*Falls Creek Herald.*

I HAVE lived to know that the secret of happiness is never to allow your energies to stagnate.—*Adam Clarke.*

IF your health is not good, hope weakened, or nervous system out of order, the strength of all the faculties will be lessened.

WHEN the muscular system is duly exercised in the open air early in the day, the power of mental application is considerably increased.

"ANGER," says Lord Bacon, "is certainly a kind of baseness, as it appears well in the weakness of those subjects in whom it reigns—children, women, old folks, sick folks."

WHAT, says John Hunter, the first of English surgeons—originally a carpenter—is there a man whom difficulties dishearten, who bends to the storm? He will do little! Is there one who *will* conquer? That kind of man never fails.

IN man the brain is of slow and gradual growth, and a *too early* tasking of its powers prevents its ultimate development, and retains in mediocrity many who otherwise might have risen to distinction.—*Combe.*

IT is universally known that ailments of the body are in many cases sufficient to *destroy* the mind, and to *debilitate* it in innumerable instances. It is equally well known that the torments of the mind are, in many cases, sufficient to destr the body.—*Cobbett.*

There are more things in heaven and earth, Horatio,
Than are dreamt of in your philosophy.—*Hamlet.*

STANLEY, THE EXPLORER.

I repeat to myself the words of Antisthenes, quoted by Marcus Aurelius: "It is a royal thing to be spoken ill of for good deeds." It is a fine thing to be given the chance to exercise that highest of all virtues—magnanimity.

THE natural life of an elephant is said to be 120 years. It is, however, greatly shortened by captivity.

OXEN and sheep are believed by some stockmen to fatten better *in company* than when left alone.

AN honorable man with limited ideas often sees through the rascality of the most cunning jobber.—*Gœthe.*

A GOOD book is the precious life blood of a master spirit embalmed and treasured up on purpose to a life beyond life. —*Milton.*

AFTER describing the fatigue and exhaustion which he and his party endured adds—yet what even now appears to me a matter of wonder is, that as soon as we got a glimpse of the game, all this languor left us in an instant.—*Sparrman's Voyage to the Cape of Good Hope, etc., Lond. 1786.*

IT IS a well known fact—and all medical men will agree with me here—that a part deprived of the exercise which nature intended it to perform diminishes in bulk, weakens, and finally alters and shrinks so much as to be hardly recognized. If an artery be tied and the flow of blood obstructed, a change of structure immediately begins, and goes on progressively, till, in the space of a few weeks, what was formerly a rubber-like tube looks like an inelastic ligament.

UNEXPLORED TERRITORY.

Canada has 1,000,000 miles of unexplored territory, and its wild animals are bears, wild cats, beaver, coon, lynx, deer—the finest in the world—wolves, otter, mink, squirrel, badger, etc., besides eagles, wild turkeys, partridge, ducks, etc., etc.

ELIJAH BROWN, AGED 106.

Was examined by me when he was 103, had then a very good memory of past events and weighed about 140 pounds used to be 200. His head in circumference measured 21 inches and from ear orifice over head to ear orifice 14½.

AGED 101.

Mrs. Nancy A. Owen, of Ithaca, was 101 years old yesterday. She was born in Onandaga County and has lived here 75 years. Her health is good and her faculties are well preserved.—*Mail*, 19th October, 1892.

AGE 110 YEARS.

Mrs. Orr, an inmate of the House of Industry, Kingston, Ont., will be 110 years of age in a few weeks. She enjoys good health, *her mind is clear*, and she can tell stories of youthful days as earnestly as she ever could.—*Mail*, 19th October, 1894.

AGED 111

Is Mrs. McLaughlin, of Limavady, she is five feet nine inches in height, well preserved for her years. She has had eighteen children, but fifteen are dead. She can hear and see well and her mind is yet sound.

DEATH DUE TO A DRINK OF WATER.

ORILLIA, June 29.—A carpenter named James Lebar died suddenly at W. J. Clarke's, Barrie Road. Deceased was working on Thursday and he took a drink of cold water while in an overheated condition, and was immediately seized with cramps. He had to be carried home and did not recover.—*World, 1894.*

READ in VII. chapter of Judges how 300 of the best m were selected by the way they drank water.

PERIODICAL EXAMINATIONS.

"For want of timely care
Millions have died of medicable wounds."

For several years I have advocated periodical examinations—and my views have been published in many influential papers. I have met so many weakened and injured people, people who had they been carefully examined, the same as if for life insurance or the army, might now be well and strong, that I have come to the conclusion that every physician should warn his patients of the necessity of securing advice regarding his or her bodily condition at regular intervals. There are laws which require boilers, steamboats, ships, engines, etc., to be perodically examined by competent inspectors, and *this is done* as a protection against accidents. The mechanism of our bodies is very complex and liable to get out of order through strains, falls, heavy lifting, etc., yet little or no attention is paid until it is perhaps past repair. Many serious ills cause no pain, but occasional uncomfortable feelings or anxiety. Nervous troubles, heart and Bright's disease, varicose veins, hernia, consumption, etc., might be relieved or cured if the patient had been examined in time. Since La Grippe has invaded the land constitutional weaknesses are more apparent, and we frequently read that "he or she retired in good health, but was found dead in the morning," other cases read "Mr. or Mrs. was in usual health going to visit a friend, speaking, eating, working, or enjoying themselves as if in perfect health when collapse took place and when raised up life was extinct. I say again everyone should be periodically examined by a reliable physician. I quote from the *Sun*, 7th May, 1891, which says it is a grand suggestion, far reaching and radical in its results, protecting and benefitting the mass of the people and confining those in need of medical skill to the care of *legitimate* physicians. Thousands would be saved from misery, their health improved, lives lengthened, and the wealth of the country—yes the world—increased.

HERBERT SPENCER

Says: "The first requisite in life is to be a good animal," by which he meant, of course, that the basis of all excellence in human attainment was good *physical* health.

"Since I must fight if I *would reign*,
Increase my courage, Lord;
I'll bear the toil, endure the pain,
Supported by Thy word."

PART OF LECTURE TO 15,000 PEOPLE,

AT MADISON SQUARE GARDEN, NEW YORK.

LADIES AND GENTLEMEN.—Always remember this: Before any attempt is made to handle a horse it is an *imperative* necessity that we must first *consider* his disposition, nature and understanding, and although I do not wish to give you the impression that I claim to be a *phrenologist* of the entire animal kingdom, still I do say that I can read by the *shape* of the *head*, the characteristics of a horse, at sight, as correctly as an ordinary person can after an intimate relationship of five years with the same animal.—*Prof. Gleason, King of Horse Tamers.*

WHAT wound did ever heal but by degrees.—*Othello.*

HE who can suppress a moment's anger may prevent a day of sorrow.

THE truly valiant dare everything except doing any other body an injury.—*Sir P. Sidney.*

PUT this restriction on your pleasures: be cautious that they injure no being that lives.—*Zimmerman.*

EVERY man deems that he has precisely the trials and temptations that are the hardest of all for him to bear; but they are so because they are the very ones he needs.—*Richter.*

ALL young men require an immense amount of restraint. Most of them can barely be kept passably "straight" by all the converging stringencies of law, public opinion, mother, sister, sweetheart, and society to boot. CONSCIENCE can do much, but by no means all required.—*O. S. Fowler.*

ARMY RECRUITS.

In 1894 13,020 English army recruits were rejected for "various ailments," and 11,958 for "want of *physical* development."

I HAVE a list of eminent men who have been hard workers to extreme old age. Most readers know of

MR. GLADSTONE'S

wonderful mental vitality, and of late years his increase of brain. His hatters have remarked this, so it can't be said that it is a statement emanating from phrenologists.

VICTOR HUGO,

Some time before his last illness, said some people may think that age debilitates the brain, but my intellect appears to increase and my scope grow larger, and I shall depart hence without completing my tasks.

IF we keep well and cheerful and the mind constantly active, we never grow old. By-and-bye we get to the end of the journey, but we never grow old.—*E. N. Kirk.*

SYDNEY SMITH

Says there is but one mode of attaining to excellence, of being intellectually great, and that is hard labor.

DR. PARKHURST.

One of the busiest men in New York is Dr. Parkhurst. He works from 7 a.m. to 11 p.m. It frequently happens that he replies to 100 letters, receives 100 callers, writes from 3,000 to 10,000 words, attends a session of the Lexow Investigation Committee, makes one to four speeches. In addition finds time for other things.

MADAME MELBA.

No voice, she remarks, should be trained before the 16th year; up to that time the girl can study, get the rudiments of a general education. Voice culture is slow. The organ is too delicate to be forced or overworked. There are many successful singers with positively ugly voices. Their phrasing is good, they have good methods, they bring the charm of health, taste and personal refinement to bear upon the audience. Too much stress is laid upon the term beauty. The word is misleading, better results would accrue if young people tried to be *healthier*. Perfect health is absolutely necessary to the singer.

CAUSES OF INSANITY.

Whatever irritates, annoys, excites, or debilitates the organization, especially the nervous system, affects the manifestation of mind. Dissipation early in life, indolence, continual anxiety, too long continued application or study, loss of sleep, unreasonable anger, or sensibility, intemperance in drinking and eating, illness or accident which deranges the physical functions, may induce insanity.

MEN's faults do seldom to themselves appear.

FOR who knows most, him loss of time most grieves.—*Dante.*

THERE is no great genius free from some tincture of madness.—*Seneca.*

Lavater says any depression, deformity or deficiency in the skull, causes a like flaw in the character.

IT must always be remembered that nothing can come into the account of recreation that is not done with delight. —*Locke.*

TIME is infinitely long, and each day is a vessel into which a great deal may be poured, if we actually fill it up.—*Gœthe.*

SINCE I cannot govern my tongue, though within my own teeth, how can I hope to govern the tongues of others.—*Franklin.*

THERE is nothing more unreasonable than for men to live viciously and yet hope to escape the necessary consequences of their vices.—*Dr. Samuel Clarke.*

WHEN Sir Walter Scott's physician expostulated with him regarding his excessive mental labors, he answered: "If I were to be idle I should go mad, in comparison to this, death is no risk to shrink from."

AN ASYLUM PHYSICIAN

Says, the more we observe of cerebral disease in its different shapes, the more certain we are that the consideration of its *prevention* is of more importance than even the study of its cure.

BROODING CAUSES MURDER.

Lake, who murdered Miss Emma Hunt, *brooded* over her repeated refusals of his company, and *through* this brooding caused an *extraordinary* state of mind. He wrote a confession, disposed of his effects, and then went to the house where she lived and murdered her in a most horrible manner.

"ANXIETY is the poison of human life."—*Blair.*

"I DO believe thee; I saw his heart in his face."—*Shakespeare.*

"A GOOD conscience is to the soul what health is to the body."—*Addison.*

"THE heart of a man changeth his countenance, whether for good or evil."—*The Son of Sirach.*

TOO MUCH idleness fills up a man's time more completely, and leaves him less his own master than any sort of employment whatever.—*Burke.*

A MAN shall never want crooked paths to walk in, if he thinks that he is in the right way wherever he has the footsteps of others to follow.—*Locke.*

A MAN—or woman—unaccustomed to self-control, becomes occupied by one thought. His ambition has been disappointed perhaps, or a lawsuit has plagued him, or he has been much employed in some engrossing pursuit. Unable to regulate his thoughts at will, he finds the one which circumstances have made *habitual* recur *uncalled* for. An *effort* would dismiss it, for everyone who has studied knows that he has had to *dismiss* many an *intruding* thought, and with some effort too, if he wished to make progress in what he had undertaken; but this individual has never been accustomed to make any such effort, and he *knows not how* to free himself from the subject that thus haunts him. If it be an unpleasant one he is wearied and worn by it; but every day that it is not driven off, it assumes a greater power, for the *part* of the brain thus brought into *action* is now by *habit* rendered more fit for use than any other. He has not resolution enough to free himself from his tormentor by a determined application to *something else* which would require *all* his attention; he sits *brooding* over it, and when life has thus become irksome suicide is often the ending of it.

THE SLEEP OF CHILDREN.

Many—too many—children don't get enough sleep, and parents and guardians of them don't seem to realize that it is one of the greatest boons and safeguards of children. They should go to bed *early* and sleep at least ten hours. Don't let their entreaties to stay up *late* overcome your judgment. Children should have abundance of sleep. In the years to come their health will be better, their minds brighter and more enduring for it.

GOOD humor makes all things tolerable.—*Beecher.*

OLD age is at our heels, and youth returns no more.—*Cowper.*

TALENTS are nurtured best in solitude, but character on life's tempestuous sea.—*Goethe.*

WHEN we are out of sympathy with the young then I think our work in this world is over.—*G Macdonald.*

NEVER pull or twist your fingers, as so doing stiffens and enlarges the joints, thus making them more easily affected by numbness, cold, or rheumatism.

NEXT to heredity, *diet* is the most important factor in health. Why many famous persons look and keep so well is because they don't abuse or overload their stomachs.

PARENTS should remember that if a young woman's physique is much under normal weight, or too arduously taxed through study, her self-control and "volition" will be impaired. Let her have a good body *first*, and it will be a foundation of strength through life which a high class education and weak physique will never impart. Prof. Blackie continually admonished students of the necessity of cultivating the body *quite* as much as the mind.

TEACH CHILDREN SELF-CONTROL.

Accustomed to follow all his inclinations, and not being habituated by *discipline to contradiction*, the child having arrived at maturity cannot resist the vicissitudes and reverses by which life is agitated. On the least adversity insanity bursts forth, his *feeble* reason being deprived of its support, while the passions are without rein or restraint of any kind.

"Ill deeds are doubled with an evil word."
—*Comedy of Errors.*

BREEDING INSANITY.

It is a notorious fact that certain sections of the province are perfect breeding grounds of Insanity. By a process of inbreeding through intermarriage, the genealogical tree of insanity can be traced with absolute certainty. This condition of things exists largely in the rural districts, where people *seldom* go *from* home and see little of the world. The young people marry their relatives from convenience, and often for the purpose of retaining property in the family. The statistics show that at least fifty per cent. of the inmates are drawn from the farming class.—*Dr. Russell, Asylum Medical Superintendent*, 1st March, 1895.

In Italy two per cent. of all the insanity is caused by drink; in Austria, 15; in France, 20; in England, 32; in Sweden, 50.

The jealous man is not angry if you dislike another, but if you find those faults which are in his own character, you discover not only your dislike of another, but of himself.—*Addison.*

It is estimated that 6,000 inebriate women are now detained in the gaols of Great Britain. Half of those cared for in the recently established retreats relapse into their old ways.—*Mail*, Oct. 24, '94.

Don't be imagining—the same as if it was actually going or commencing to occur,—some business troubles, family misfortunes, increased burthens, or ailments aggravated, or something happening to again keep you from advancing—why such thinking is the main suffering that comes from actual misfortune, and yet you *undergo* this from the *anticipation* of it.

DR. BEETON,

Who controls two of our large asylums, told me he has found the principles of phrenology correct. He finds the shape of the head much different in the mentally deranged from that of sane people. He further adds, the better formed and evener the skull the less likely is the person to become insane because of a more proportionate cerebral organization.

EMPEROR WILLIAM.

The Emperor wished that the churches should keep open during hours other than the ordinary hours fixed for holding services. This, his Majesty asserted, would promote and revive religious feeling among many classes. "For religion," he added, "is still a power, and even the subversive elements of the present day have several times been compelled to halt before it." I predict his majesty will yet surprise the world.

MEN call fretting a minor fault—a foible and not a vice. But there is no vice except drunkenness which can so utterly destroy the peace and happiness of a home.—*Helen Hunt.*

YOU think so much of anything which is likely to affect your health, safety, position, reputation, or affections, that anxiety in your mind is very easily generated, and the current of thought thus let loose draws the main strength of your brain with it, and if not diverted by some work, business, excitement or amusement, will make you feel almost sure that your fears, whether as regards any ailment, sickness, loss, disappointment or calamity, will be realized. Keep away from where your ears will hear, eyes see, or nerves experience anything calculated to affect them unpleasantly—by so doing you will avoid exhausting, debilitating excitement, thus keeping quiet the disturbed parts of your brain, and allowing yourself to assume a normal state of mind. Do not peruse pamphlets or books which describe symptoms of diseases. Do not try remedies, on the advice of a friend—as his or her temperament may be opposite to your own. Do not experiment with yourself in any way, nor buy medicine, nor take it from anyone but a reliable physician. "Goldsmith" fell a victim to the foolish practice of prescribing for himself.

PATIENCE

Accomplishes wonders. That power to work, attend even to the minutest details, to labor and do over again and again what you are interested in or set to, till you have it as perfect as you can get it. The man or woman who is patient *can* be good at something, and being *competent* even in some one little thing is talent. Many little perfections make a great accomplishment; the gigantic man-of-war is unsafe if a few rivets are improperly set.

The public will quickly recognize the fact that the undermentioned names would not be attached to anything except it was of more than usual importance, and that where their sympathies are enlisted an impetus is given which is as powerful as it is gratifying.

THE PRINCE OF WALES,

THE DUKE OF WESTMINSTER,

LORD WOLSELEY,

LORD CHAS. BERESFORD,

THE BISHOP OF LIVERPOOL,

EARL OF MEATH,

LORD CROSS,

MR. H. GLADSTONE, M.P.,

LORD HARRIS,

and others, are approvers of methods calculated to give to our youths vigorous manhood and womanhood. They realize the importance of first having a sound body so that the brain will have a reliable foundation to depend upon. *The Prince of Wales* is the Patron of the National Physical Recreation Society which has had such an extensive success in England, Ireland and Scotland. It awards gold and silver medals as well as challenge shields for the encouragement of gymnastics. I have read that this society is a very worthy one, because its object is to cultivate in our future men and women the *habit* of exercising and thus acquiring healthy and reliable physiques. I have known immense advantages to result from —and have for years earnestly recommended—rational physical exercise as an aid to and supporter of mental development.

PROF. FOWLER, the great phrenologist, says none need ever think of becoming great intellectually, however splendid their heads or temperaments, without a world of vigorous *exercise*—of real hard work even. All eminent men have laid the foundations of their superiority by working hard during their minority, and continuing to exercise *daily* through life. *Physical exercise* is as indispensable to greatness as the intellectual organs themselves, and one principal reason why so many men, having all the phrenological indications of greatness, do not distinguish themselves, is a *want* of physical exercise.

Now it stands to reason that when such experienced and great personages as those named endeavor to promote our bodily welfare, surely all holding health and advancement at their true worth will strive to improve themselves and encourage their children to practice physical culture.

DR. CLARK AND DR. BOURINOT.

The addresses of the above contained matter which deserves to be carefully pondered. * * * Education, after all the attention which has been given to it, is a subject which is only imperfectly understood by us. * * * To cultivate any faculty at the expense of all the rest is a serious mistake. * * * Man is not purely intellectual. His complex being includes both what is lower and what higher than the intellect. He is, *first* of all, an *animal;* and this *fact* is not to be *overlooked* in his education. * * * * The material virtues are no longer looked upon as the distinguishing glories of manhood. But on this very account *physical* culture deserves to receive careful consideration from the educationists of our time. * * * * Influences are everywhere at work which, unless sedulously guarded against, are sure to produce physical deterioration, and with this is sure to come *intellectual weakness.* *Mail*, 17th Nov., 1894.

PRINCIPAL GRANT

Says the living of a nobler, higher life is the only way in which we can impress the heathen world. *Secular* education is *not enough.* With the increase in education in France crime has also increased, because there is no religious or moral training there, while in England the opposite is true, because there is religious and moral instruction.

INSPECTOR J. L. HUGHES

Says it is essential that in order to secure the highest development of the individual, the physical side of the child's life should not be neglected. Physical health and strength were powerful aids to intellectual and moral growth. Harmony is God's law and therefore that side of the child's nature that was weakest should receive most attention in order to keep that *even balance* which is most conducive to a useful life. Physical culture has been too much neglected in the past, and it was time now to make a change. He also in his Buffalo lecture urged the development of self-control in children at as early a stage as possible.

SIR MACKENZIE BOWELL

Says, it is by plodding industry, it is by application to any vocation of life in which you may be placed, that you will be led to success, no matter what position you occupy.

PROF. BLACKIE,

The great Scottish scholar, was an ardent lover of active exercise, and to it and living, working, thinking, reading, etc., systematically, he owed his vigorous health. He was a great walker. His mornings were devoted to work and correspondence, before dinner he went out for two hours and slept one hour after it. When he was collecting funds for a Celtic chair of literature,

THE PRINCESS LOUISE

asked him—after her majesty had subscribed £200—how he expected to procure the balance of the funds necessary. He replied, "some way or other, faith removes mountains." He did not believe in hard work after 9 p. m. System governed him.

RUSSELL H. CONWELL

Says, what is wanted is more of the observation and studying of nature that led men to *originality* and enabled them to turn to profit the fruits of their scrutiny. Men could learn more by going straight to nature and compiling *facts* than by *accepting theories.*

WRITING.

Writing is a great pastime. You can while away many hours pleasantly and quickly with a pencil or pen.

CHILDREN and others should never stare at the sun, or very brilliant lights, no more than one should attempt to lift or carry a load sufficient to strain the muscles. Cases have occurred where blindness or permanent injury of the eyes has resulted from such unreasonable conduct.

"In Nature there's no blemish but the mind,
None can be called deformed but the unkind."
—*Twelfth Night.*

ADVERSE CRITICISMS.

People should remember in reading or hearing adverse criticisms of phrenology (or any science) that the writer or speaker may be prejudiced, not understand it, or have some spite or antipathy to one who is a professor or advocate of the science referred to.

PRESENT fears are less than horrible imaginings.—*Macbeth.*

'TIS better to be much abused than but to know a little.—*Othello.*

BREVITY is the soul of wit, and tediousness the limits and outward flourishes.—*Hamlet.*

SWIFT is credited with the saying that "censure is the tax a man pays to the public for being eminent."

IF you are endowed with any excellence confirmed to you by the tacit or avowed manner of competent judges, rest satisfied with the modest consciousness of it. If you desire the general suffrage of the world you will be disappointed. The ignorant cannot appreciate the excellence, and the prejudiced will not acknowledge it.

THE physician should never *depress*, *alarm* or *irritate* his patient. "He can," says Lavater, "by repeatedly examining the firm parts and outlines of the body and countenances of the sick, *without difficulty predict* what are the *diseases* to which the man in health is *most* liable. He can say to the healthy 'you naturally have *some time* in your life to expect this or that disorder. Take the necessary *precaution* against such and such disease.'"

SAID SULLIVAN.

"Age in Godfrey's case," and there was just a tinge of regret in his voice "doesn't count for so much. Although Godfrey is nearly 43 years of age, I doubt if he has taken 50 drinks of liquor in his life. He is a younger man than many half his age."

SUCCESS IN LIFE.

Men seek it, not only for its own sake, but for the advantages which it brings with it. The successful man is the respected man, all other things being equal.

"To him that hath shall be given, and from him that "hath not shall be taken away even that which he seemeth "to have." Astor, the founder of the Astor family, said it cost him more effort to make his first thousand dollars than to make all that he made afterward. It was this *initial* success that laid the foundation for all that was achieved afterward. It was the intelligence, the skill and energy with which the *little* was used that made the successful transactions on a larger field possible in after years. It was his faithfulness in a little that made him ruler over much.

Whether all men are born free or not, they are certainly *not born equal.* Some men *bring into the world* with them elements of success which others do not possess; and *no education* or *training*, no *artificial arrangements* of society can make up for *natural defect* or produce an equality the *foundation* of which is not laid in nature. All attempts to reduce men to a dead level must end in failure. Some are born to be leaders of men. They *see* what other men *do not see*, they have the *courage* to attempt what to *ordinary* men seems impossible, and they have that sort of *personal* magnetism which draws men to them and inspires them with confidence in them. They are great factors in the world's progress, and of right *possess* a *power* and *influence* which *other* men do not possess.

And yet there is no doubt a sense in which success is within the reach of all. All have it in their power to make the very best of life.—*Mail*, 14th April, 1894.

LIFE is not so short but that there is always time for courtesy.—*Emerson*

1,200 persons out of 1,000,000 die of gout, 27,000 from apoplexy, 7,500 from consumption, 30,000 from typhoid and typhus, 7,000 from rheumatism.

NO REGULAR OCCUPATION.

More than four-fifths of the murders in the United States last year were by men who had no regular occupation.

"By bad courses may be understood
That their events can never fall out good."
—*Richard II.*

T. DE WITT TALMAGE

Says: The life you live now is all the more worth living because it opens into a life that will never end, and the last letter of the word "time" is the first letter of the word "eternity."

MEN have sight, women insight.

To know how to dissemble is the knowledge of kings.—*Richelieu.*

HE that lays down precepts for governing our lives and moderating our passions, obliges humanity not only in the present, but for all future generations.—*Seneca.*

THERE never was a woman yet who would not like to be beautiful; and there is not a woman but what can, if she *knows how*, improve her personal appearance.—*Philadelphia Record.*

THE average duration of marriages in England is 27 years; in France and Germany, 26; in Sweden, 23; Norway, 24; Russia, 30. What provision have you secured for your wife should you die? What can she turn her hand to? What is her mental power?

IT is said that seven suicides is the normal daily average in New York and vicinity. Facts collated prove that poverty, which is usually considered a prime cause for self-murder, does not figure as the motive in the majority of these suicides, for most of the persons are those in comfortable circumstances.

TALK EASY WHEN ANGRY.

Excited loud talk when angry only increases rage and lessens self-control, becauses it causes a greater rush of blood to the head of the angered one.

BE calm in arguing; for fierceness makes error a fault, and truth discourtesy.—*Herbert.*

PATIENCE.

No matter how clever, talented you are, you won't be a safe success without patience, the quality which enables many a commonplace individual to accomplish a great deal, and the lack of which leaves many who are talented, failures.

TRUE wit or mirthfulness is a fine passport to favor.

ADVERSITY borrows its sharpest sting from our impatience. —*Bishop Horne.*

How much pain has cost us the evils that have never happened.—*Jefferson.*

TEMPT him not so too far; I wish, forbear. In time we hate that which we *often* fear.

WHERE words are scarce, they're seldom spent in vain, for they breathe truth that breathe their words in pain.—*Richard II.*

A MARRIED woman is always wiser than an unmarried woman; but it is often the wisdom that comes from disappointment, sorrow and discontent.—*Century.*

THAT which is past and gone is irrecoverable, and *wise* men have enough to do with things present and to come; therefore they do but trifle with themselves, that labor in past matters.—*Bacon.*

HIS SELF-ESTEEM WAS INJURED.

Mr. Stacey, the well-known contractor, consulted Prof. Cavanagh, the Phrenologist of Toronto, and received a chart of twenty written pages. The Professor described his excellent mechanical abilities, his traits of character, etc., with a fidelity *true to life.* He also said he had greatly changed during late years from what he originally was, and was nervous, and had lost a great deal of his self-reliance. Mr. Stacey's skull was fractured years ago, and lately it troubled him a great deal, so he had Dr. Ardagh, and Dr. Walker of Toronto, remove the injured portion. The peculiar feature of the case is this, that where the fracture was is exactly where the phrenologists locate self-esteem. Since the operation Mr. Stacey appears in his usual health.—*News Letter*, 30th January, 1891.

THE EFFECTS OF THE MIND.

Says Dr. Benjamin Rush: Soldiers bore operations of every kind *immediately* after a battle with much more fortitude than they did at any time afterwards. I have mentioned three cases of pulmonary *consumption* being perfectly cured by the diet and hardships of camp life.

DR. BLAIN relates an instance in the war between Great Britain and the combined powers of France and Spain in 1744 in which the scurvy—as well *as other diseases*—was checked by the *prospect* of a naval engagement.

THE patience, firmness and magnanimity with which the officers and soldiers of the American army endured the complicated evils of hunger, cold and nakedness can only be ascribed to an *insensibility* of body *produced* by an *uncommon tone of mind* excited by the love of liberty and their country.

THERE is no greater error than to suppose that thinking about a propensity which ought not to be gratified will conquer it. On the contrary every hour of lonely thought gives it fresh force, but let the individual plunge into business that *must* be attended to, or even a lighter occupation so it be an *engrossing* one, and do this resolutely, however irksome it may at *first* appear, and the very *repose* thus given to the *diseased* part, if there be disease, by throwing the whole stress on *other* portions of the brain will *assist* in affecting a cure.

MR. GLADSTONE is a believer in the theory that a man can do better mental work every year to extreme old age if he *takes care of his body*. He claims that the mind grows stronger and clearer as the body loses vitality, and that it is only *disease* of the *latter* that can prevent an intellectual progress that will go on to the end. He is certainly a good illustration of his working theory. He also attributes his long life to the fact that he invariably kept Sunday apart from his ordinary life, and especially from his political life. Mr. Gladstone when at the Riveira, astonished people by his marvellous energy and comparative robustness. They had not been used to see a man of 85 years taking long walks, doing his four miles an hour, and braving snow, rain and wind. He looks *ten years better* for the change.

"Oh, give me light and strength to bear
My portion of the weight of care
That crushes into dumb despair
One-half the human race."

SIR ANDREW CLARK

Says every mouthful of food should receive 32 bites if one wants to be spared dyspepsia.

THE amplest knowledge has the largest faith.

PERSONAL health is personal attractiveness.—*Madam Melba.*

SLEEP seldom visits sorrow; when it doth it is a comforter.—*Tempest.*

The world is a scene of changes; to be constant in nature were inconstancy.—*Cowley.*

ACCORDING to thermo dynamics great heat is produced in suddenly passing from a state of great activity to a state of perfect rest.

IN a patient under the care of Blumenbach, that physiologist observed the brain to sink whenever the patient was asleep, and to swell again with blood the moment he awoke. When excited by pain, fear or anger his brain protruded greatly, so as sometimes to disturb the dressings. The cause of these appearances obviously was that the brain like muscles and other organs of the body is more *copiously supplied* with blood when in a state of *activity* than while at rest.

CALVERLEY AND THE LION.

BRIDGEPORT, Aug. 4.—"Prince," the wrestling lion while being transferred from a box to its cage at Pleasure Beach, escaped and scared the people present. Calverley, the high-wire walker, seeing the people running, went to the colosseum and prevented the lion getting out by closing the gates. The trainer caught the lion, which struggled fiercely, and Calverley went to the trainer's assistance. The two men succeeded in caging the brute.—*Telegram*, 1894.

brain which—like the winter apple—may be slow to mature, but when matured should be uncommonly capable. It is a well attested fact that many great men and women have been very dull in youth, and were thought, because slow and not exhibiting much early mental activity or snap, would never amount to much. Fresh air, plenty of it, the breathing exercises as directed, habits of strict regularity, and plenty of sleep in a properly ventilated room are essentially necessary.

SIR ASTLEY COOPER

Says if you omit to keep the mind free from agitation your other means (in the treatment of injuries of the brain) will be unavailing.

THE public mind is educated quickly by events—slowly by arguments.

EXTREME fear can neither fight nor fly, but coward like with trembling terror die.

WHEN the wind finds you through a hole, go make your will and mend your soul.—*Old Proverb.*

To preach more than half an hour a man should be an angel himself or have angels for hearers.—*Whitfield.*

WOMEN have no business to work *beyond* their strength no more than one has to live beyond his or her means.

WHO has not experienced how, on nearer acquaintance, plainness becomes beautified, and beauty loses its charm, according to the quality of heart and mind.—*Fredrika Bremer.*

WHEN THEY REALIZE HOW THEY ARE.

There are some whose constitutional excitability prevents them from controlling their feelings or being guided by reason, and even they become more tractable as well as more comfortable in spirit when their minds are *enlightened*, and their true character understood by themselves.

THE HERO OF LIBBY PRISON.

TESTIMONIAL from Major A. P. Hamilton, who originated the scheme to tunnel out of *Libby Prison*, and who, with Col. Rose (whom he says had no physical fear), and 109 officers and men escaped through this hole, which was fifty-seven feet long and took fifty-seven nights to tunnel through. Capt. I. N. Johnson, 6th Kentucky cavalry, was with him also. This genial, good hearted, good looking man, I also saw in Libby Prison.

This is to certify that Prof. Cavanagh measured and examined my head, and described my capabilities, etc., with clearness and accuracy.

Signed, A. P. HAMILTON,
12th Ky. Cavalry.
(Given in Libby Prison).

The hero when last heard of resided in Reedyville, Butler Co., Ky.

A LIGHT wife doth make a heavy husband.—*Merchant of Venice.*

VIOLENT delights have violent ends and in their triumphs die.—*Romeo and Juliet.*

THE gods are just, and of our pleasant vices make instruments to plague us.—*Lear.*

POVERTY has made many individuals famous, inconveniences, sorrow, or pain, make many think deep.

WE are very much what others think of us. The reception our observations meet with gives us courage to proceed or damps our efforts.—*Hazlitt.*

IT is better by a noble boldness to run the risk of being subject to half of the evils we anticipate than to remain in cowardly listlessness for fear of what may happen.—*Herodotus.*

THE HEAD YOU START IN LIFE WITH.

An infant's head is almost bare, you can see the shape of it clearly—you can note what mental developments it has to start in life with. Somewhat later it is covered with hair, and then in old age the hair is thin, fallen away from most of the head and all can see what portions of the brain have been most used, what the man—or woman—has been either proficient or deficient in, etc.

" One doth not know
How much an ill word may empoison liking.'
—*Much Ado About Nothing.*

INSANITY.

Dean Swift and Cowper dreaded insanity. If you are beset by any such fears, have your head examined and know its configuration. Many who are confined in asylums might not be there if they had their heads examined at a proper age.

IF there was more civility and consideration there would be less crime.

" YOUR face, my thane, is as a Book, where men may read strange matters."—*Shakespeare.*

EARLY dissipation, habitual luxury, sickly sensibility are frequent causes of insanity.—*J. G. Spurzheim, M.D.*

IN the dominions of the British Empire alone some 8,000 individuals vanish every year without leaving any indication as to their whereabouts, or ever appearing again.

LITERARY men or women, or those who do much brain labor, must be very careful as to the *nature* of their *exercises*, exhaustion, derangement, insanity, or a bursted blood vessel may result if careless, violent or hasty.

CAUSES OF INSANITY.

Of all moral causes those which most frequently produce insanity are *Pride, Fear, Fright, Ambition*, reverses of fortune and domestic trouble. *Moral Causes* are much more frequent than physical. Experience has demonstrated the same thing to Mr. Luke, and in fine the same has been observed everywhere. There are, according to the views of this very able physician, at least two-thirds of those now laboring under insanity who *might have been* preserved from this most grevious of all the ills which flesh is heir to by a well regulated education, by the *consolations* and *restraints* of religion, and by the observance of those *moral* rules which *Christianity* calls on all to practice. Fearfully indeed has man scourged himself for his *neglect of them.*—" *Power to Control Insanity.*"

LORD SALISBURY

Said in referring to the Czar Alexander, that Europe owed him gratitude for the peace the *restraint* of his character secured on more than one occasion. A man with lower motives might have yielded to *temporary irritation*—in an autocrat—a terrible thing. He left behind him a *character* that future rulers would do well to *study*.

My guide, philosopher and friend.—*Pope.*

"Speak the truth in Love."—*Ephes. IV., 15.*

Every cloud engenders not a storm.—*Henry VI., Part III.*

"Let our finger ache and it indues our other healthful members e'en to that sense of pain."—*Othello.*

I think it is Balzac who says "the scoffer is always a superficial being," and consequently cruel. He also says: "Love is a counterfeiter who is constantly passing off copper for gold, but who sometimes turns copper into gold."

You should exhilarate occasionally, regularly, periodically have a day's rest, freedom from your usual business. Those with Continuity 7, Hope depressed, who work hard or apply themselves very closely, have imperfect happiness, little company, or amusement, run great risk of nervous exhaustion, despondency or mental derangement. A highly intelligent gentleman told me recently that one day's thorough rest and recreation made him feel like a different man.

BUGLER IN THREE MONTHS.

This is to certify that my head was examined by Prof. Cavanagh, and he told me that a little soldiering would do me good, as all young men should be able to do something in that line, also that I possessed a quick ear for music and could easily learn to be a first-rate bugler. Since then I have undergone a course at the C. School Barracks, and in three months have gained a *first-class bugler's* certificate which usually takes from six to nine months to secure. I can sincerely recommend Prof. Cavanagh, as through his advice I have greatly benefited in health and mentality.

(Signed), K. C. Kerr.

SIR JOHN THOMPSON

Said, "Nothing gives one greater pleasure than to be at his work and to feel that he is able for it."

GENERAL GRANT.

Grant can see more things than any of us, and, what is more important, he isn't afraid of the things he can't see, as are the rest of us.—*W. T. Sherman.*

LORD ROSEBERRY

Says three elements endanger the world's peace: Enormous armaments, the press, and armed explorations. The press, he declared, should *sift* its news carefully before publishing it.

SIR JULIAN PAUNCEFOTE

Has been a great sufferer from gout. He thinks he has found a remedy for it. A fencing-master comes to the embassy every morning, and he and Sir Julian cross rapiers for an hour or more. Since he began the exercise about a fortnight ago, the gout has gradually disappeared. He enjoys the exercise, and is delighted with its beneficial effect upon him. He says it is cheaper than doctors' bills and is much more delightful. —*Mail*, 19th March, 1895.

DR. EMILY STOWE

Says there is a great tendency among women, old and young, to depend upon and imitate each other. Young women should never act upon advice until they have sifted it and found it suitable to their case. To believe in themselves would give them power and strength. The world stands in exactly the same relation to man as to woman. Her requirements were the same, and circumstances and environments moulded and affected her equally as in the case of man. Therefore she had the same claims and inherited the same rights as man, and in order to ensure the possession of these rights woman must individualize.

STAYING TOO MUCH IN THE HOUSE.

Those who attend too closely to business or stay too much at home, will not be as cheerful, active, or hopeful, and will be more easily alarmed when in strange places or travelling, and have less confidence in some ways regarding their powers; are more prone to irritability and sensitiveness than they should be.

CONSUMPTION is a house disease.—*Dr. Buckley.*

THINGS without all remedy should be without regard.—*Macbeth.*

You do not judge by sympathy, you judge by stern facts.—*B. B. Osler.*

IN our waking hours the amount of blood circulating in the brain is much more in quantity than it is when we are asleep.

CRAFTY men contemn studies, simple men admire them, and wise men use them, for they teach not their own use; but that there is a wisdom without them, and above them, won by *observation.—Bacon.*

THE great thing in *observation* is not to be influenced by our *preconceived* notions, or what we want to be true, or by our fears, hopes or any personal element, but to see the thing just as it is.—*John Burroughs.*

WHEN the fingers are stiffer than normal, either naturally or through heavy dumbbells, rowing, athletic exercises or hard work, they are more easily tired and will not act as efficiently when you use a pen, etc., or play upon an instrument. Exercise them as directed.

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SIR JOHN MACDONALD'S HEAD

Was larger than most men's, greater in the organ of intuition, enormously developed in the perceptive faculties, and which is not common with such shaped heads, his organs of constructiveness located at the temples were like

SIR MACKENZIE BOWELL'S

Constructive faculties, and conspicuously *rounded out* the sides of his forehead. His calculating faculties were similar to

SIR JOHN THOMPSON'S

and that is saying a great deal. The reasoning powers of this last gentleman—a truly great man—whom I closely inspected a short time before his death, were remarkable, and his reputation for sound judgment, management, etc., is well known.

PRINCE BISMARCK.

They were talking of happiness, and Prince Bismarck said that if he counted the minutes of real happiness in his life, they would, perhaps amount to twenty-four hours. These times of happiness were always connected with his domestic life, and not with politics, which, he declared, was an incessant struggle. The Prince added that the old Emperor William had a greater *capacity* for happiness than himself.—*Taglicher Rundschau.*

CECIL RHODES.

A man who proves his talents by his deeds. He was a victim of consumption—so physicians said. The great Admiral Nelson was according to Capt. Suckling weak, yet he grew to be hardy and phenomenally energetic. Mr. Rhodes was ordered to Cape Colony, where he might live—last—six months, if he remained in England he would die in 3 months. He liked the Cape, stayed there and through living in the open developed a sound constitution. He is now forty-two years old, *big in brain* and strong in physique. Long may he live to do good to that great country, South Africa.

FREQUENTLY RECURRING FITS OF TEMPER.

I suspect that anger or disagreeable states of mind create a poison. The immediate influence of fear upon the secretions, the suppression of saliva, the parching of the mouth from great anxiety or excitement most people have experienced. The secretions in a nursing mother are speedily affected by mental emotion. The fatal influence of passion on the system of a child is strikingly narrated by Dr. Von Ammon, physician to the

KING OF SAXONY.

A carpenter quarrelled with a soldier, who attacked him with a drawn sword. The carpenter's wife first trembled with terror, then threw herself furiously between the combatants and wrested away the sword. While in this state of strong excitement she took her child from the cradle—where it lay playing in the most perfect health, never having had a moment's illness—and gave it the breast. In a few minutes it became restless, panted, and died. It is seldom so remarkable a case occurs, but fits of ordinary bad temper produce similar effects in a more slow and gradual manner, but with almost equal certainty, and if anything can exert a salutary influence on those prone to the indulgence of anger it is such a case as that of the carpenter's wife.

THE BOAST OF HEALTH.

All doctors know that just before death the patient often experiences what is called a "rally," nature making apparently her last stand against the symptom which we call death; and it is quite likely that the feeling which induces men to boast of health is of the same kind—an effort of nature to protect us against the coming sickness, which the body has recognized, though the mind has not. The phenomenon occurs every day in the cases of consumptive patients, who brighten up and grow hopeful just when the disease is about to strike it hardest blows, and it is quite possible that it is more frequent than has yet been recognized that the approach of fever, for example, is signalled by an unusual consciousness of health. "I have never felt so well in my life," says the patient, who twenty-four hours after is lying prostrate, and whose friends quote his statement as illustrating once more the ancient and depressing belief.—*The Spectator.*

SOLITARY CONFINEMENT—LONELY CHILDREN.

Nine or ten *months* of solitary confinement often suffice to render a prisoner an idiot or insane. Mr. Ernest Jones, the Chartist, it is well known, suffered so much that it was necessary to liberate him at the expiry of twelve months; and Verner the real leader of that movement, one of the *strongest* men in existence, having been detained three months longer left the prison walls so utterly prostrated in mind and body that he shortly afterwards died in that condition, almost an idiot, in Italy. When solitary confinement will so rapidly change and wreck strong men, can we expect anything but serious harm to result to children who are too confined in the house, kept too strictly from companions of their own age. A child or children left too often alone will take a much longer period to become as bright, alert, self-protecting and guarded as they should be; moreover, they will become restless, irritable and possibly eccentric.

For who can be alone and lonesome without becoming depressed in spirits, which state invariably leads to worse. Out on the kicker that kicketh against that which he does not understand.—*World.*

HUMAN FAMILY STATISTICS.

The estimated population of the world on January 1, 1895, was 1,300,000,000. Only one-half of all who are born into the world live to the age of seventeen years. Vital statistics prove that, taking the world over, there are 109 women to every 100 men. Out of every nine sudden deaths reported, eight of the number are men. The microscope shows that the human body is covered with scales, each scale covering 500 pores. Only six persons out of each 1,000 born live to be 75 years old, and only one out of the same number reaches the century mark. The latest anthropological statistics prove that in America the daily, monthly, and yearly number of births exceed the deaths in the ratio of 3 to 1. Huxley's tables show that the human body is made up of thirteen different elements, of which five are gases and eight solids. The average height of man in the United States is 5 feet 10½ inches; in England, 5 feet 9 inches; in France, 5 feet 4 inches; in Belgium, 5 feet 6¼ inches.—*Exchange.*

BREATHE DEEPLY AND ONLY THROUGH YOUR NOSE.

1st. Make sure that your ribs are not impeded in their movements by any constriction. 2nd. Stand upright with your shoulders well held back. 3rd. Draw in a full, deep, breath, slowly, allowing your chest and abdomen to expand thoroughly. Now allow the breath to escape slowly. When you are working, walking, or exerting, breathe fully and only through your nostrils. It is said that regular and deep breathing (of pure air) will send vitality to all parts of the body. I know it has a most beneficial effect upon those mentally or nervously exhausted or the ænemic. A young lady, once delicate, told me that she increased her chest measurement three inches through practising deep breathing.

DR. WINSHIP

Once weak, but who through taking regular exercise afterwards became one of the strongest men in the world, said that whatever increases the strength, increases the health. I attribute what health and strength I yet possess—notwithstanding all the hardships I have endured—to self-control and plenty of regular daily exercise.

SAID OF A LADY.

Her *daily* enforced *exercise* has made her the embodiment of health and beauty. To see her is to become a convert to the physical culture idea.

BRIEF DIRECTIONS ABOUT ENLARGING THE CHEST.

Stand erect with your head almost in a line with your spinal column. Put your palms together with your arms extended in front of you, then throw them backwards and forwards —nearly level with your shoulders—for a couple or more minutes, two or three times daily. Keep your mouth shut, and breathe through your nose.

THE MINISTER OF EDUCATION OF BRITISH COLUMBIA

Said, I will give a case which came under my own notice, that of a boy at one of our great public schools in England, who, although a good boy in other respects, was so densely stupid that the masters could do nothing with him. It was determined to ask the boy's parents to remove him from the college, and the house tutor went to inform him and found the boy in the college library and museum absorbed in a deep work upon natural history. The tutor asked that the decision for the boy's removal might be rescinded and he allowed to take him in hand. He set the boy to work on natural history and science, and immediately the *latent* talent was evoked, the *special inherited* impress upon the brain at once responded to the call, and so far from its being necessary to remove that boy from the college, he became one of its most brilliant ornaments. Now, in this case the boy's thoughts were *so* concentrated upon his *one talent* that he became absent and oblivious to other impressions; but no sooner did his mind get free play upon its special channel than it at once *relieved* the *repressing* force upon his *other faculties* and left them *at liberty* to expand. Had it not been for the care and patience of his tutor the whole tenor of that boy's life might have been changed. * * * * Surely, then, it is incumbent on society to take special care that the teachers of our schools become adepts in the diagnosis of brain power.

LISZT.

Liszt's great skill with the piano was in part due to his immense industry. For years he practiced ten hours a day.

WENDELL PHILLIPS

Says, let us believe that the whole of truth can never do any harm to the whole of virtue.

BLOOD LESSENED IN BRAIN.

In profound sleep consciousness is entirely suspended. In a swoon blood is rapidly *withdrawn* from the brain and consciousness for the moment obliterated.

PEOPLE WHO WON'T TRY.

There is too much of the I can't, I don't think I could learn, am not able, I know I am not *strong* enough, or have ability sufficient to do so and so about many folks. People who believe and speak thus, who are not *willing to try*, can't expect to know their strength or increase their chances of improvement or success. I have noticed that in times of danger or emergency people can do a great deal more than they suspected. They can put forth more strength, jump farther or higher or exhibit a degree of endurance or activity quite surprising. Read this from the *Mail*, 17th April, 1895: "Great consternation was caused at one stage of the game when the bear 'Ramidan' proposed to climb out. Old, staid, phlegmatic citizens and Government officials, bankers and business men, who had not been *obliged* to *move actively* since their boyhood made a rush for the top railing, and had not the bear, failing to get over the barbed top of the cage, quietly gone down the way he came up, these good gentlemen would certainly have jumped down the twenty-five feet to the outside." Those who are doubtful, think there are so many obstacles in the way, so much to be done, or think their talents are not as capable as I assert, will—perhaps sooner than they imagine—regret that they did not believe and follow my instructions.

No great good is done by falterers who ask for certainty. —*George Eliot.*

EVERYONE has a fair turn to be as great as he pleases.—*Jeremy Collier.*

WHO seeks and will not take when once 'tis offered shall never find it more.—*Antony and Cleopatra.*

NO MAN will ever amount to much who labors under the impression that somebody else is always in his way.—*Dallas News.*

THE first main thing a man has to do in this world is to turn his possibilities into powers, or to get the use of himself. —*T. T. Munger.*

SOME scientists have discovered a short path to celebrity. Having heard that it is vastly silly to believe everything, they take it for granted that it must be vastly wise to believe nothing. —*Colton.*

SARDOU.

Sardou's father, who died recently, refused to believe that his son when a youth had any talent for writing plays, and made him study medicine. When "Patrie" was produced, the old man said: "It is all due to himself, for if he had listened to me he would now be a fourth-rate doctor or tooth extractor in the provinces."—*Mail.*

FOR him who does everything in its proper time one day is worth three.

HE who attends to his business is likely to have some to attend to.—*Dr. J. B. Hall.*

CARE guards what industry acquires, those who work hard, but lack *proper* carefulness, lose part with one hand of what the other accumulates.

A PHYSICIAN says that children's growth occurs entirely during their sleep. I assert that plenty of sleep in youth, in a thoroughly ventilated apartment, is one of the greatest aids to a sound nervous system.

THE best recipe (best, I say, to work, and best to take) is the admonition of a friend. It is a strange thing to behold what gross errors and extreme absurdities many (especially of the greater sort) do commit, for want of a friend to tell them of them, to the great damage both of their fame and fortune.—*Bacon.*

THE spirit of industry, and great efforts, is prompted by "Hope." A great deal of this life's pleasure exists only in hope. When hope is weak it is sad indeed, because we *imagine* we are worse off than we really are. Many with good talents never succeed in proportion to their worth because their brain is inferiorly developed in this organ.

ARE YOU HEALTHY?

Young man or woman, are you *healthy?* Are you free from pains or aches? If so, you *have power* to advance in the world. Ascertain how to do so in the quickest and best way. Learn how to apply your mental and physical strength.

ONE STRONG FACULTY'S POWER.

The excitement of one *strong* faculty in some individuals seems to almost *stop* the action of "reason" or "conscience." So those who know they are subject to temper, brooding, excessive caution, amativeness, or acquisitiveness, should positively keep their eyes, ears, speech and thoughts from what may arouse the tendencies that have endangered and left them an easy prey to errors, anxiety, or temptation.

SIR HENRY BESSEMER

Is 83 years old, and I think hale and hearty. He is an unassuming, quiet gentleman, although with great riches and fame; and has repeatedly said that his wish is to be "let alone." Like the G. O. M. he is a great believer in pedestrianism and manual labor.

REV. J. MARTINEAU, AGED 90.

This aged philosopher is in good health, his voice is strong and his movements free; he is endowed with vigorous working power, has been a total abstainer for many years and no special regulation of diet has assisted him in reaching his advanced age.

A PRACTISING PHYSICIAN AGED 102.

Dr. de Bossy, the oldest of French physicians, says: "I was born in 1793, and since then I have never been ill a single minute, never followed any special diet, and am opposed to anything of the sort." He rises at 7, summer and winter, goes his rounds, generally on foot, has drunk coffee all his life, and has no objection to a glass of bitters. He attributes his longevity to *moderation in all things*. His father lived to be 108. Victor Baillot, who received a deep sabre cut in the head at Waterloo, was discharged from the army in 1816, doctors declaring he was *consumptive*. He has a vivid recollection of Waterloo, is now 103 years old, and remarkably sturdy considering his great age.

BRAINS AND LONGEVITY.

When Bismarck and Gladstone, both beyond fourscore, are able to see the truth and tell it better than ever before in their lives; when Prof. Blackie, the greatest student of Great Britain, lives to 85, the question of whether hard thinking shortens life is presented in a striking way. It can be answered in one way at any rate from the tables of vital statistics, which show that those who think least are apt to die soonest. It would be easy, too, to fill a column with the names of great intellectual workers who have outlived two generations of ordinary men. If against these are offset the brilliant geniuses who have died young, it will be easy enough to answer that they need not have died at all as the result of genius. It was not genius that killed Byron or Pope or Burns or Chatterton. They died of lack of self-control, which is not a necessary concomitant of great intellect. But even if it were admitted that great genius is a condition of high nervous tension, apt to result in fatal reaction, it is still true that the men who do the thinking for the rest of the world nearly always outlive those who have to have their thinking done for them. The thinker who is a man of slender physique and nervous organization, so sensitive that he is almost an invalid, may still outlast two generations of stalwart beef-eaters, and survive into the third as a living illustration of the fact that the use of brains, which gives so many other things, gives long life also.—*New York World.*

THE man or woman who will not exercise loses more than they ever suspect. How is it that athletes, actors, etc., male and female, have such splendid physiques? It is because they vigorously exercise them.

ALL SUBJECT TO DERANGEMENT.

But some more than others. Many will speak or act under the influence of sympathy, anger, acquisitiveness, jealousy, amativeness, prejudice, spite, envy, fear, shame, sensitiveness, pride or irritability who would not in their normal condition or "sober senses" think of so doing. We are all subject to occasional derangement and liberal consideration should be made for these periods of partial insanity.

PHILOSOPHY OF PHRENOLOGY.

ANTI-PHRENOLOGISTS READ THIS.

Phrenology, it has been said, cannot be true, because it leads to materialism, and thus undermines the principles of morality and religion. It is to be regretted that the opponents of phrenology should have recourse to such a subterfuge in shape of argument—a subterfuge that savors so much of ignorance and bigotry. Phrenology leads to no such conclusion. The distinguished founders of the system disclaim such an inference, and many able and enlightened professors of religion rank amongst its champions, who would be the last to advocate any doctrine that would lead to such a conclusion. We all admit that the eye is the organ of vision, and that without the eye the mind cannot see. But do we allow that the belief of such a doctrine leads to materialism? Certainly not. We all admit that the mind may exist after the eye is destroyed, although it cannot see without such an organ; so we admit that the essence of the mind may exist after the brain is destroyed, although that organ is necessary in the present state of things for the mental manifestation. It is not phrenology, but the *contrary doctrine* that leads to a dangerous conclusion. The anti-phrenologist cannot account for mental aberration of any kind without assuming a principle that leads to a most appalling conclusion. In insanity, for example, he says the *mind* is deranged. But can the mind become so affected? Can that pure ethereal being, that emanation of Deity itself, that incomprehensible existence whose aspirations rise above all sublunary things, and whose desires are as boundless as eternity—can that being become deranged? If we answer this question in the affirmative, we state in so many words that the mind can become diseased, and if liable to disease it clearly follows that it may die. But phrenology leads to no such conclusion. Phrenology draws a broad line of demarcation between the organ of the mind and the mind itself, and it is obvious that what may be predicated of the one does not necessarily apply to the other. There is nothing in phrenology at variance with the consoling doctrine of the mind's immortality; for though the organ of the mind perish, the mind itself may not only survive, but even, (to use the words of Addison,)

> "Flourish in immortal youth,
> Unhurt amid the war of elements,
> The wreck of matter, and the crash of worlds."

REGARDING WATER DRINKING.

Don't drink cold water in the middle of a meal, nor much at the conclusion of it. *Sandow* says it should be taken when the stomach is *empty*. Don't drink while in an overheated state. If you drink while very warm, drink slowly and only a little at a time. Don't drink much when eating, as you value the efficiency of your *stomach* upon which —the strength of body and mind—so much depend. Never take a cold drink and immediately after a warm, or a warm after a cold one, much irreparable injury is thus done to an organ more abused and injured than ever suspected. Postmortem examinations disclose startling facts, proving that where many people believed themselves well there was some (stomach or other) disease. Many will tell you they are subject to "being out of sorts occasionally," biliousness, headache, etc. "It's in the family, you know, so I don't expect to get rid of my periodical indispositions." Such folks don't seem to think that there may be a removable cause.

To write well is to think well, to feel well, and to render well; it is to possess at once intellect, soul, and taste.—*Buffon.*

SOCIETY has the right to demand that every young man should bring to her the best energies of body and mind, energy strengthened by every means in his power. The world wanted young men with courage, men of intelligence, men with *physical* strength, that they might be fitted for the stern struggle of life.—*Rowell.*

CAUSES OF PREMATURE DEATH.

FIRST, a common cold or checked perspiration. At least three-fourths of all the diseases originate from a cold or checked perspiration; this neglected and hosts are sent to premature graves, says Dr. Fitch.

SECOND, eating too much, eating at improper times, and slow abdominal action.

THIRD, *drinking too much* of alcoholic liquors, wines, beer, etc.

FOURTH great cause of disease is overwork—overtasking our powers. Apoplexy and palsy usually result from over-eating, or eating at improper hours.

EMPEROR NICHOLAS II.

The Cologne *Gazette* declares, has the reputation of being delicate, because he was somewhat weak in his childhood. To-day he is, mentally and physically a strong man, who knows exactly what he wants.

WOUNDED PERSONS.

Mental excitement causes an increased circulation of blood in the head, and surgeons endeavor to maintain a tranquil state of mind in those whose heads are injured.

HALF THEIR LIVES

Are passed before the most of people realize what they are, could have done, or might have been. A scientific examination of their heads early in life would have taught them years in advance, and saved them untold trouble, etc.

SOUND SLEEPERS.

Children play and romp around until exhausted and then sleep the sleep of peace. The laborer—man or woman—toils hard for hours, often is compelled to engage in violent exertion, yet sleeps well and usually has a first-rate appetite. Many—not manual laborers--have told me they feel better after a few hours' hard physical work; they claim it does them good.

BICYCLE RIDERS

Should be very careful about taking violent exercise after a hearty meal. A rest of half an hour after each meal is almost an absolute necessity, and even after this the pace should be slow for two or three miles.—*Bicycling World.*

SINGING

Invigorates the lungs, improves their activity, expands the walls of the chest, strengthens and makes more melodious the voice, and by the regularity with which it brings the respiratory muscles into action and causes a greater development of chest and lungs, is one of the most important exercises to which the young can be trained.

WEAK MOMENTS IN ALL LIVES.

I am now sitting at a very hard task, one that breaks my heart, to write to you a sad communication to deliver to my father and mother. I have sinned, and God knows but one day, nay, one hour, before it was done, I could *not have believed* I should have given way.—See the E. Hall case, *Mail* 29th April, 1895.

He that has never known ill-fortune has never known himself or his virtues.—*Mallet.*

POWER OF MIND OVER MIND.

Minneapolis, Minn., May 5th.—Claus A. Blixt, the self-confessed murderer of Catherine Ging, was yesterday sentenced for life to the Stillwater penetentiary. County Attorney Nye said it was evident that he was not so deeply guilty as Harry Hayward. He was a man of a low order of intelligence and of *weak Will* power. He had been *influenced* by the *superior mentality* of Harry Hayward to commit the horrible crime.—*Mail, 1895.*

Be careful about keeping your brain in a state of tension. Quit when you begin to find your mental grasp tiring or your temperature rising. Doing what is very particular and where a mistake of any kind would be very awkward, serious, or productive of great trouble or loss, such as revising books, proof-reading newspapers, writing letters, weighing, measuring, auditing, counting as a bank teller, etc., keeps the mind keyed up to a high pitch, and it should be kept so only for a limited period. Disease, a prematurely aged or haggard appearance, derangement, insanity, or depravity, is often a consequence of mental drudgery or over-concentration.

MRS. FRENCH-SHELDON.

This remarkable and splendid looking woman walked and led her men 990 miles through Africa. It forcibly illustrates what can be accomplished by a perfectly healthy woman. I know of no other explorer who has penetrated East Africa and succeeded in doing as she has done.

PROF. FOWLER

Says a woman ever so sweet tempered by nature, when disappointed in her affections becomes soured in disposition.

ALL are but poltroons who do not love; while love renders even poltroons heroes.

A HAPPY state of the affections lengthens, unhappy shortens, any life many years.

WOMAN'S health is still more renewed by right, and destroyed by wrong, love states.

"OLD BACHES"—a right love and marriage would probably improve your broken down health one hundred per cent.

CONSIDERED merely as a pecuniary investment, a *happy* marriage furnishes the highest incentives. Bachelors must pay more for poorer fare, and rarely become wealthy.

ABOUT ANGER.

Young, healthy people are most unfavorably affected in features and system through anger, but recuperate in a short time usually. People up in years may break through a fit of anger, whereas in their youth they merely bent. Extreme anger is sometimes like a convulsion, and it is said that there is not an *important* part of the system which is left undisturbed in violent anger. The heart suffers from the shock of it, the whole system is affected and sometimes death occurs. During intense anger it is said the heart labors as hard and as painfully as it does after a long run. Young people—full blooded and generous livers—are likely to burst a blood vessel through an outburst of anger. John Hunter, the celebrated English surgeon, had a bad temper and often got very angry, and he died a sudden death through it at last. He once remarked that his life was in the hands of any rascal who chose to tease or annoy him. I read of two women dying, one in convulsions at the end of six hours, and the other suffocated in two days, from giving themselves up to outbursts of fury. Women who are grief stricken, kept in a state of anxiety, fretted, etc., suffer severely in the most important parts of their organizations.

ABOUT APPARITIONS OR GHOSTS.

According to the latest report—so I've read—of the English Society for Psychical research, 1,684 ghosts and uncanny apparitions have been seen by their correspondents last year. Nine tenths of the ghosts came without a purpose. Mr. Maskelyne says, "Lead on your spooks and set me in the midst of them," but in spite of his offers to pay expenses, etc., I don't think the spooks will materialize, as they have a strong aversion to practical tests.

Children and superstitious people are often frightened by hearing or reading of ghosts. Impressions of this description are productive of much harm and are rarely forgotten. I have lived where engagements were frequently taking place, and have heard that mournful, indescribable whine of dogs on the battlefield—which is supposed by many to betoken evil—or warn those who hear it that soon will they learn of the death of a relative or friend. If this is so, I think there must be a great many friends or relations dying when such a sound greets the ears of hundreds of men. The cry is not at all agreeable, especially when accompanied by the rattling hoofs of riderless horses in the gloom of the silent night. I have seen the flames, nightly, from burning dwellings make the country lurid for weeks at a time. I have traversed lonely places of crime and horror where dark deeds have been enacted, stood in cemeteries at night, and have seen hundreds of coffins piled twelve feet high in vaults, and nowhere, either on land or sea, have I yet met a ghost, or knew of a truly authentic case of any person who did.

NELSON SIZER,

Says,—to those deficient in flesh—if you can find some way to increase your weight ten pounds in healthy tissue—not mere fat—you will add twenty per cent. to your mental power and lengthen life. You need more fuel for the brain.

DR. ANDREW WILSON,

In the *Young Woman*, says he is strong for an increase of fat all round in the food, especially the food of the young. Those who suffer much from cold in winter should increase the fat in their food. A very excellent plan is to take after meals a little cod liver oil.

ABOUT COMBATIVENESS.

When I say, cultivate combativeness, I don't mean to cultivate a fighting disposition, but a braver spirit to force your way courageously in life, to keep you from being imposed upon, easily frightened or nervous. Do you think our great personages would be so were it not for their uncommon courage. See the difference in their heads from those of most folk. The bravest are the tenderest, the loving are the daring. What are you going to do when you grow old, weak, or find yourself in some perilous position, dangerous or fright-generating place; when your life may perhaps be the forfeit if you are not steady-nerved or brave? We never know when we will be face to face with some danger, a railway wreck, fire, a runaway, or burglar. One night about midnight during the World's Fair I got off a car at 60th St. and proceeded to my hotel, which was just outside the fair grounds, near

THE FERRIS WHEEL.

When almost within sight of it, at a gloomy, lonely spot, a young man quietly passed me, and a little farther another came from the shadow of some trees straight for me. I thought I was going to be "held up" sure. He kept advancing, so did I. There was no use in trying to run for it because the roads were yet virgin soil, yielding and ankle deep, and a probable pal was in the rear. Well! when the individual was within a few feet of me I threw up one hand and said, "Hold on there, or stand aside!" He quickly did so, giving no explanation and disappeared into the darkness. One of the police told me afterwards that that was a bad place, and that the road agent—if such he was—likely thought I had a gun when I threw up my hand and spoke, and thus avoided me.

WITHOUT fighting there is no life, without our internal conflicts we should eventually come to the condition of the Chinese, and lapse into a fossilized state.—*Bismarck.*

THE words normal or strong used regarding faculties or organs means, when they are working well through the mind being uninjured by—or free from—care, or the condition of the body being extra good.

PRESIDENT CLEVELAND,

So I read in the *Telegram*, 14th February, 1894, never reads a line in criticism of the administration or of his own personal conduct. If this is so I think it shows he has a powerful mind, and can rely upon himself. It must save him many unpleasant thoughts, which would only squander brain effort, affect the temper and *waste time* which can be put to great use.

OPPOSITION inflames the enthusiast, never converts him. —*Schiller.*

REPOSE and cheerfulness are the badge of the gentleman —repose in energy.—*Emerson.*

MAN'S rich with little were his judgment true; nature is frugal, and her wants are few.—*Young.*

Success is often missed for want of common sense in some ways, rather than through deficiency of talent.—*Cavanagh.*

IF any one can convince me that I am wrong upon any point of sentiment or practice, I will alter it with all my heart, for it is truth I seek.—*M. Aur, lib. 6, sect. 21.*

YOUNG men, young women, don't show your uncultured, inexperienced mind by getting unreasonably indignant when reprimanded by father, mother, friends, employers—or at supposed slights, etc. Some are so affected that they can't be reasoned with. It deafens their minds to explanations.

THE Prince of Wales is said to have a remarkably fine-shaped head, the silk hat he wears being the size known as 7⅛. The late Czar wore a 6⅞, and the present Czar Nicholas an even 7. The Emperor of Germany has a head composed of an aggregation of bumps, and covers it with a hat of the 6⅞ size.—*Mail*, 24th January, 1895.

ARCHBISHOP O'BRIEN

Says, he who follows conscience, needs no vindication in the eyes of posterity, nor excuse before the bar of contemporary opinion.

I HAVE discovered a method by which anyone can tell —can see—if an individual is endowed with musical ability. (Provided, of course, the inspected party is in a normal, healthy state). This degree of skill has never been attained before by anyone.

The artists named here have the signs of unusual musical ability :

PATRICK SARSFIELD GILMORE,

"There is not a band musician, high or low, who would not take off his hat to him," says

JOHN PHILIP SOUSA,

already a prince in the realm of music, when Gilmore was king.—See *Munsey's Magazine* for January, 1895.

MADAM NORDICA,

VICTOR HERBERT,

ADELINA PATTI,

MR. TORRINGTON,

MISS YAW,

MR. TRIPP,

MISS AUS DER OHE,

PADEREWSKI,

REMENYI,

EDWARD LLOYD,

PROF. BOHNER,

EDDIE REBURN,

and others that I have not space to name. I intend in the near future to make my discovery known to the world. Phrenologists have always been unable to tell "Tune" correctly. I reason thus, every effect must have a cause. My discovery is based upon common-sense grounds. This is not my only secret. "There are others," which may be of great value to physicians.

Prof. Cavanagh, the marvellous phrenologist.—Toronto *World*, May 11th, 1895.

Prof. Cavanagh as an observer is astonishing, as a phrenologist, a wonder, and—seemingly—unequalled; the fruits of his work during the last twelve years abundantly proving this.—Toronto *Evening News*, May 13th, 1895.

Prof. Cavanagh has for years astonished people by his remarkable "intuition or sagacity," and still continues to do so.—*Telegram*, May 11th, 1895.

The true test of a great man—that, at least which must secure his place among the highest order of great men—is his having been *in advance* of his age.—*Brougham.*

WON FROM A THOUSAND.

Some months ago permission was obtained from the Public School Board to present a Gold Medal to the pupil in the Public Schools who should pass most successfully in the study of Physiology and Temperance. The questions were prepared by a committee of the Canadian Temperance League at the request of Inspector J. L. Hughes. There were more than a thousand pupils studying the temperance text book, and the one who succeeded in carrying off the medal was

MISS NELLIE MAGINN.

It was presented to her by Mr. J. S. Robertson, who said she may yet become a second

FRANCES E. WILLARD.

This young lady's head was scientifically measured and examined, PREVIOUS TO HER WINNING the medal, by PROF. CAVANAGH, and her capabilities regarding the study of Physiology, etc., definitely stated. She possesses a

BEAUTIFULLY SMOOTH HEAD,

her hair is fair, and of that silky fineness which is *indicative* of a *fine brain*. She is very proportionate, and unusually well developed in the faculties of "Language" and "Form." She has a handsome and evenly developed forehead, highly arched eyebrows, large, expressive eyes, and uncommonly well moulded features. There is a pathos and depth of feeling in her composition, which shows her benevolent nature, and proves her capability of Individuality or observation. Her picture and press comments have appeared in the *Mail*, *Globe*, *Empire*, *Star*, *Telegram*, *Hamilton Templar*, and London and Montreal papers.

I CRITICALLY examine a young head for a prophecy, and scrutinize an aged one for a record.—*Cavanagh.*

Do little things now, so shall big things come to thee, by and by, asking to be done.—*Persian Proverb.*

THE LATE CZAR.

Prof. Leyden's arrival had a great *moral* effect upon the Czar, *producing* a *change* that won the professor much credit. The doctors kept their patient out of bed as much as possible to maintain his *moral energy*. The Czar's end was hastened by his *aversion to food*. He was perfectly cognizant of his true state, but he was a *fatalist* and *gave up too early*.—*Mail*, 1894.

How can I be avenged on my enemies? Be to yourself a good and honest man.

WHY is it that young people are generally so self-sufficient and assured, but because they have taken no time or pains to cultivate a self-acquaintance.

CHILDREN should not sleep with old people nor invalids, nor even in the same room with consumptives. Consumption is now regarded—by many physicians—as infectious.

OBSTINATE stiffness of opinion, a fear to depart from old notions, which (before we were capable of judging, perhaps or had not sufficient evidence to reason from correctly) we had long held to be the truth, is a great bar to improvement, to advanced knowledge.

IF a man would live an unblameable life, he should have very ingenious and faithful friends, or very bad enemies, because the first by their kind admonitions, would keep him from many errors, and the latter by their invectives make him wary and circumspect.

ONE would not know what mud lies at the bottom of his heart if provocation did not stir it up. How many often say I did not think it was in me, others I did not know my own strength. Sudden provocation or a severe affliction may discover something latent which you never suspected.

DON'T leave your hair in a wet or moist state if you use water when combing it. Don't wash your face in cold water when in a state of perspiration, as after a long walk, game or bicycle ride. Wait a while, and in the meantime carefully wipe the perspiration off with a handkerchief or towel. Some have told me they have found warm water better than cold at such times, ask athletes and others their opinion.

SHAPE OF HEADS.

The outward forms result from the degree of development of the contained organs.—*Sir Charles Bell.*

"I THINK that autobiography contains internal evidence that he committed the murder for which he died, as well as evidence of other shocking moral defects. I think had he escaped with this murder undetected, he would probably have become one of the worst criminals of any land or age."
—*Rev. Dr. Stafford on Birchall's Book.*

I CASUALLY passed a few remarks—which turned out exact—on some little children down town, and was pleasantly surprised to find in the *World*, some time afterwards, a very favorable notice, for which I thanked Mr. Maclean accordingly. Said he in reply, "Anyone who can tell as much about children as you can, deserves a good notice."

SOME folks look well in the face, and have good complexions, appear in good health, yet are in a dangerous state of nervous exhaustion, so that if while in such a state they meet with trial or extra burthens their brain (mind) would (temporarily) give way. I had a case sent to me by one of our greatest physicians, a few months ago, a young man, who seemed amused at having his head examined. I warned him of his state, yet within a fortnight he was put in the Toronto Asylum. I can repeat many other cases.

NOTE.—The organs will not under all circumstances manifest in the character the degree of activity marked in the chart. Thus, a person with Language marked 6, but with less Activity, and large Secretiveness and Cautiousness, will show less Language than one with that organ marked smaller, but with great Activity, and small Secretiveness and Cautiousness. Again, an individual marked 4 to 5 in Tune, with a favorable temperament and combinations, may manifest much more musical talent than another *whose conditions are unfavorable*, but in whom the organ of Tune is much higher in development. A "little knowledge in this science is a dangerous thing," and those who from lack of experience are incompetent to take into account all the conditions should be modest in *offering criticisms* on the work of qualified practitioners. Each organ has its influence, but regulated and modified by all the other conditions. These remarks may prove useful to the public, who sometimes find fault without a reason, and to students, who may be guided by bearing them in mind.

Phrenological Works can be procured from me or from Messrs. Fowler & Wells Co., Broadway, New York, U.S.A.

THE PHRENOLOGIST WAS WRONG! WAS HE?

Some time ago a certain Phrenologist delineated the character of a very influential gentleman, and stated that he considered him—if placed in temptation—one who would be unscrupulous, appropriate funds, etc. The gentleman's friends were so indignant that the phrenologist had to leave the city in a decidedly hurried manner. A few months afterwards this simon pure, dyed-in-the-wool, warranted-to-wash friend of humanity, was found to be a forger, etc., for enormous amounts; and was actually so at the time his head was examined. The mistakes of phrenologists are often laughed at or published, but the thousands of those who have been helped to rise from poverty to comfort or affluence are rarely printed. Many of the so-called mistakes frequently turn out no mistakes at all. Read the case of

JABEZ BALFOUR,

Ex-member of Parliament, *Mail*, 10th May, 1895. Balfour's career is almost without a parallel. For more than a *quarter of a century* he was believed by the masses of England to be a great and good man, with a benevolent heart beating warmly for the poor, and during most of that time he was robbing them of millions. The losses through his swindling operations aggregated $35,000,000, and the losers—widows, orphans, and aged people of small means—numbered by the hundred thousand, were led to invest because Mr. Balfour—a leader in church, particularly eloquent in *public* prayer and exhortation—was such a good man, and looked with strongest disapproval upon theatres and worldly things.

Please to remember that before the discovery of phrenology the most discordant opinions were entertained by philosophers regarding the powers of the mind, and unanimity did not prevail regarding the corporeal seat of the mental operations. Phrenology has exposed their erroneous doctrines and proved that all mental manifestations must—do—take place in the brain.

We are like the mariners crossing a troubled sea, we in crossing life meet with storms, trials, and tribulations, and as mariners need and could not expect to reach port without a helm, compass, and anchor, so we need the cross as helm, the compass of conscience, and the anchor of hope. We cannot still the voice of conscience, it will speak.—*Father McCann.*

DR. DANIEL CLARK,

MEDICAL SUPERINTENDENT TORONTO INSANE ASYLUM,

Says the law of heredity is always fighting back to normal conditions, and it was the exception when hereditary deformities were transmitted. A child taken from its mother's breast and out of bad environments would not suffer thereby, but a child older than four years would bring the taint with it. No such disease as consumption, insanity, or scrofula, could be transmitted. Drunkenness in itself was not transmitted, but weakened will-power as a result of drunkenness would be.

CONSUMPTION is curable, given favorable conditions, *i. e.* living in pure air, and not in close, *ill-ventilated* apartments.

CONSUMPTION—long a disputed medical point—is infectious.—*Professor Gairdner, Glasgow, whose fame is European.*

CHILDREN'S noses should not be squeezed or pinched to make the orifices smaller. I have known cases where this has been done by mothers to make them "look more genteel." It is a silly practice, productive of future trouble, not only to the nose itself but indirectly to the brain as well. Grown people also do it. One young woman told me she occasionally wore a "clothes pin on her nose" to render the orifices smaller. In most folks they are sadly in need of being made larger. An Austrian scientist has been attacking the European nose. He says it is a miserable, degraded organ, and a disgrace to civilization. He admires the large, full nostrils of the negro, and says that is the sort of nose to have. That is the nose that can smell. The nose of Europe cannot smell; our olfactory sense is gone. He attributes this degeneration to cigarette smoking and life in crowds.

DR. RICHARDSON,

SURGEON OF THE TORONTO GOAL,

Says, I believe there is a direct tendency to crime among the descendants of criminals, and this would hold good in the case of drunkards. There is a hereditary taste for liquor which leads to drunkenness if gratified.

HON. WILFRID LAURIER

Says: Patriotism ought to be founded, not on hostility to others, but upon the broadest and most generous instincts of human nature.

HEAVEN tempers the wind to the shorn sheep.

OUR memories best preserve what we most understand.

RESTRAINT is the golden rule of enjoyment.—*L. E. Landon.*

I THINK from fifty to eighty years of life, if in perfect health, are as delightful as any other periods.—*Dr. Fitch.*

PROF. CAVANAGH has been here nearly a month, and proved himself remarkable as a judge of character.—*Shelburne Free Press.*

UNHEALTHY conditions produce like results, unnatural conditions produce unnatural results, unhappy conditions produce unhappy results.—*Cavanagh.*

THE REV. WM. HERBERT, of Llanon, Wales, lost his sight at the age of eighty-nine, and resigned his rectorship in consequence, but resumed his position in his ninety-sixth year, as his sight was completely restored after a few months treatment by a Manchester oculist. I know personally two parties who were blind for months whose sight has returned and they can see as well as usual.

INCREASING LENGTH OF LIFE.

Is the human race becoming longer lived? It is an interesting question and may very probably be answered by science some day in the affirmative. The longevity of professional men is now generally considered to be greater than that of farmers or mechanics. In other words, intellectual activity, although in many respects more exhausting than physical, has in the main a salutary effect upon the human frame. It may be the *nerves* rather than the muscles upon which we mainly depend, after all. It is a commonplace observation that the big, hearty men are constantly dropping out of the world, while those of far more fragile organizations, *apparently,* live on to a ripe old age.—*Providence Journal.*

MR. S. H. BLAKE

Says if friends and relatives of young married couples would spend half the time in keeping quiet that they spend in gossiping, one-half of our domestic troubles would disappear.

A MAN may defend himself against specific charges, but he goes down helplessly under a charge couched in generalities.

WHEN an event is accomplished, and time allowed for judgment, how easy it is to find fault with that which has been done in a hurry.

THE wise man will endeavor to accommodate himself to all the contingencies of life.

THOSE who can best appreciate the comfort of rest must have suffered the miseries resulting from want of it.—*Cavanagh.*

PROF. CAVANAGH is certainly deserving of success for his courageous and conscientious efforts. We have seen him *tested by many and thoroughly tried him ourselves*, and can highly recommend him.—*Shelburne Economist.*

PRACTICE READING.

Subscribe for a good newspaper, either daily or weekly, no man of common sense will be without his newspaper. The high-class periodicals are within the reach of all now. Read *Munsey's Magazine, The Century, McClure's, Peterson's, Scribner's, Harper's, The Cosmopolitan, Godey's, The Forum, Review of Reviews, The Phrenological Journal, The Graphic, or Black and White.* Regaling your mind upon such an intellectual feast as these truly magnificent journals spread every month will improve the tone of it many fold. We all eat too much—cleanliness, air, exercise and moderation, with enough food for the mind will aid your health. Reading will teach you a great deal about the world, its improvement, advancement, and will be a great protection to you besides. Dr. Hall says that the man who has resources within himself to entertain, amuse or otherwise agreeably occupy his mind is happier than a Croesus who is miserable without company.

CARDINAL MANNING

Said: The time is, perhaps, not far off, when the sight of young, ill-fed girls, acquiring permanent injuries through long hours of toil, breaking their backs bending over machinery in *ill-ventilated* rooms, will be regarded as an act of barbarity and will be punished as such.

A PERFECT and noble chest is the basis of all good health. —*Dr. Fitch.*

A MAN who does not take time to exercise is like a workman who does not take time to sharpen his tools.

REFERENCES from Mr. Jake Gaudaur, champion oarsman of America, Mr. Geo. Gray, champion shot putter of the world, and Mr. Hazlitt, champion walker of Canada.

THE PROFESSOR is well up in his profession, and those who have been to him say that he can accurately delineate not only mental traits, but even bodily weaknesses.—*The Witness*, Bradford.

EVERY low-spirited man (if his physical condition permits) should have a bicycle. These cases are the hardest to induce to take good walks or regular exercise. You have to provide exercises which are enticing, interesting, and I know of none like the bicycle. To the question whether the use of the bicycle in moderation is good for women, the Paris *Journal de Medicine* has just received answers from forty-three doctors, of whom thirty-three says yes, and ten say no. Mental workers, hospital nurses, and those whose work is confining should use the bike.

WALKING.

It is said that walking brings into action every muscle of the body. Good vigorous walking—with a purpose in view—increases the circulation and beneficially affects all the organs of the system. Few people seem, nowadays, to suspect the value of it as an exercise; but great good must result from the practice, or so many eminent personages would not indulge in it so much. Mrs. Langtry, I believe, has always asserted that she owed the fineness of her skin and brilliancy of her complexion to a rapid *daily* walk. A quiet walk is better than none because it necessitates your breathing the open air.

DR. MITCHELL,

Says vigorous muscular exercise, properly taken, is the very thing to quiet the excited nerves and the brain.

ALL WHO would live long should have occupation and a purpose in life.

WARNING TO MENTAL WORKERS.

SOME persons are dull in their intellectual processes till they become excited—warmed up to their work as it were—that is, till the circulation in their brains is rendered more active. * * * * * * Men who would readily see the impropriety of walking three or four miles while suffering from an inflamed knee joint, do not hesitate to exert a disordered brain to the extreme limit of its power. *It is impossible that the action of a brain thus affected* can be such as to make *sound* and *healthy* thoughts. It is not to be wondered at therefore that the subjects of cerebral congestion who *insist* upon attending to their avocations, and on concocting schemes for obtaining wealth or fame, should *perpetrate acts* which result in the loss of a fortune, or the acquisition of a reputation far different from that sought. * * * * * * Every action of the brain whether it be a perception, an emotion, an intellection, or a volition is the immediate result of an increase in the amount of intercranial blood. With each manifestation of mental force in any of the ways mentioned, there is a certain amount of decomposition of a certain quantity of cerebral tissue. * * * * * * This fixing of the attention upon the body, is of course apt to develop symptoms which would otherwise never make their appearance; and scarcely a day passes that instances in point do not come under my observation. * * * * * * The first requirement in the treatment of a diseased organ is almost always *rest.* Work is necessarily the result of increased blood supply, if, therefore, the patient already suffering from the effects of too great a flow of blood to his brain, *persists* in those *actions* which directly augment the *already* excessive current, the result will inevitably be an aggravation of the symptoms, and in all probability, the development of some hopelessly incurable malady to which cerebral hyperaemia is as nothing.—*Cerebral Hyperaemia by G. Hammond, M.D.*

WHAT A GOOD WRITER CAN DO.

The war correspondent, Januarius Aloysius MacGahan, was a personal friend of General Skobeleff, and a favorite with the Russian army. A powerful pen wielder he made known to the world the horrible atrocities committed in Bulgaria. These horrors had been called in question by Benjamin Disraeli in the British House of Commons. The authority of his strikingly delineated despatches altered the current of public opinion regarding opposition to Russian intervention, and through this indirectly led to the emancipation of the Bulgarians, who to the present time regard him as their saviour, and revere his memory.

ARCHIBALD FORBES

Was a comrade of MacGahan, and as a writer was a popular success. He has had a great experience in warfare, and was a companion with MacGahan at the passage of the Danube. He viewed the lingering and awful struggle before the fall of Plevna, and brought to the Emperor of Russia in person the news of the capture of Shipka, receiving a *decoration* for his services. Forbes was of the first party who visited the fatal field of Isandhlwana, where the Zulus massacred a large force of British troops. He was also at the finding of the Prince Imperial's body. He wrote the finest description of Isandhlwana or Isandula, as it appeared scattered over with its thousand corpses who had lain there exposed to the sun and rain for four long months.

FREDERICK VILLIERS

Is a war correspondent, who, as a lecturer, is worth hearing. He is a man of unusual personal strength and active with great determination of character which characterizes the Englishman in general. He has been artist for the [illegible] and [illegible] with Archibald Forbes in several campaigns. At the battle of Ulundi on the Nile, Col. [illegible], [illegible], was killed, St. Leger Herbert, [illegible], [illegible] of the *Standard*, were [illegible] in the thickest of the fight assisted with the [illegible] in detail, the [illegible] campaign was [illegible] for the *Morning Post*,

Captain Gordon, *Manchester Guardian*, and Edmund O'Donovan, of the *Daily News*, who wrote some time before his death that he would likely be killed with a spear head through him as big as a shovel. During the Japan-Chinese war Villiers took snap shots with a kodac at the massacre of Port Arthur. Some of these are very realistic indeed. He is the first, I think, to use a kodac for such a purpose.

DEAN STANLEY

Was a bright, clever boy, who was sent to school at nine years of age, so I've read. His teacher considered him the most stupid boy—save one—at figures who was ever taught by him. He could not learn arithmetic, yet at Rugby he rose rapidly to every kind of eminence except in doing arithmetic.

JAMES CRUICKSHANK, of New York, is ninety-two years of age, goes regularly to his office every day. His mind is as clear and he carries on his business affairs with the vim and snap of a young man.

NEVER tell anything about yourself, or entrust a secret—that could be used against you—to anyone, no matter who. You cannot foretell when or where a word may be dropped, or it may be let out through anger, or through your refusing to do a favor, or through the selfishness, desire to get control or power, nature of your friend. A large organ, Cautiousness, Acquisitiveness, etc., when greatly excited—through the prospect of great gain or loss, etc.—may cause honor or friendship to be sacrificed by the individual in his (or her) efforts to secure their wishes.

I OFTEN say to some, you won't bear adversity, etc., the way you ought to. When the day of trouble, grief, or anxiety arrives, remember the advice and warning that I *now* give you. One particular case of a business man comes to my mind, he decidedly doubted what I said, even a month after the examination. In about twelve months from that date, he experienced trouble, and so severely did it affect him that in a few days he was thin and haggard looking. He called on me and acknowledged that I was indeed correct, explained his trouble, which I then told him would probably not amount to anything, and neither it did, it passed away just as I said.

HON. G. W. ROSS,

MINISTER OF EDUCATION,

Says compulsory education is a natural complement of free schools. Illiteracy is the parent of pauperism and crime. A commission appointed in New York, had reported that in France one-half of the population were unable to read or write, and ninety-five per cent. of the crime committed was by the illiterate class.

DR. REYNOLDS,

Says the influence of the mind upon the body is all-powerful, and should be constantly called into service in treating the sick 'Hope' is one of the best stimulants and tonics. Many of the sick who have been discouraged or despondent can be wonderfully improved by imparting Hope and arousing their courage. Their blood will circulate with renewed vigor, and the secretions will be stimulated, the digestion improved, and new vigor infused into the whole system. Such a change will oftentimes turn the scale in favor of the recovery of the patient.

It is said the effects of laughter are very beneficial, and that incidences have occurred where a real good laugh has expelled disease and saved life by exciting to renewed effort the powers of nature.

IMPORTANT TO DOUBTFUL STUDENTS.

If we repeat diurnally any sort of mental effort at the *same* hour, we finally when the time is near discover ourselves approaching our task without premeditation. If we arrange our studies in harmony with this law, taking up each *regularly*, a natural aptitude is soon developed which renders application more easy than when the subjects are taken up as accident may direct. Occasionally the tendency to periodical and associated activity becomes in course of time so great that the faculties seem to go through their operations almost without *conscious* effort, while their facility of action becomes so prodigiously increased as to give unerring certainty where at first great difficulty was experienced.

VALUE OF A HOBBY TO WOMEN.

The beauty books advise women to cultivate a hobby. They say that a person with a hobby keeps bright eyes, rosy cheeks, and an expression of animation which in themselves constitute beauty far beyond the period at which the hobbyless women lose these attractions.

The best sort of hobby—the one which will keep women young longest and will afford them the most enjoyment during the time—is an intellectual one. In this advanced day and generation most women have enough knowledge of various branches of learning to be able to choose one in which they will be honestly interested. The impersonal nature of study is something which should recommend it. If one studies French or literature, or dives into the forgotten poets, or makes a study of some period of history, she is doing something which takes her mind completely away from herself, her own worries, pleasures, friends, foes, and lovers. This is in itself a blessing and a beautifier. Nothing produces wrinkles and the signs of care and age so quickly *as thought of one's self*, and conversely nothing wards off these evils so effectively as thought of other things.

Study is a better hobby than the collecting mania. Possessions soon become almost a part of one's self. The woman who has collected china is in constant dread of her maid's clumsiness. She who has a collection of lace worries over her washerwoman. Fire and thieves enter into the calculations of all collectors. But she who stores her mind rather than her cabinets is not increasing her anxieties.

In addition to the good effect of the mere exercise of study there are more practical results. The woman who studies most knows the most. Knowledge has a way of moulding the features and imparting new graces to the expression. Knowledge makes women better talkers, better listeners, better hostesses and guests. In every way the study hobby pays. She who leaves off her twenty-minute facial massage and her half-hour face-steaming and devotes the time instead to study, will find that even from the vain and frivolous beauty point of view study is an excellent thing.—*Chicago Tribune.*

To get the soul right requires not only spiritual but physical exercise. I recommend the gymnasium, the dumbbells, and the bicycle, if one sits upright.—*Dr. Talmage.*

A WORD PICTURE OF DIXON.

Dixon was a remarkable man physically. Not that he was large or powerful, but he was a splendid specimen of his kind, and that kind was best expressed in the term "steel-wire." He was of regular limbs and features, black as to his hair and piercing as to his eyes, and quick as a flash in his movements. He could ride any horse, drive one or a team at a breakneck pace, shoot deer or bear or birds like a born hunter, and fearless almost to insanity. His feat in crossing Niagara on a ¾ inch cable was as far ahead of Blondin's once famous performance as the electric light is over the penny dip. In whatever he attempted he succeeded. He became an expert photographer by a few simple twists of his wrist where other men would work for years. He could shoe a horse or build a boat. So finely strung a man must have had

A WONDERFUL NERVOUS ORGANIZATION,

and that was where his danger lay. Nervous excitement was what he should ever have guarded against, and latterly it was the one thing he courted. Of late his eye has been growing more excited, and his movements even more mercurial. His death was not to be from the wire, though the same nervous excitement that attended him on the rope lured him to his end on the Muskoka lake. When his nerves were on the string he would dare anything, and the more daring the more he liked it. You might have searched the continent over and you would not have found another man so perfect in his type, of such lightning rapidity in his movements, and so daredevil in his composition as S. J. Dixon, and one of *whom it could be predicted* with *certainty* would have a tragic end.—From the Toronto *World.*

Don't work, think, or study, avoid all kinds of excitement immediately after a meal. When eating chew your food thoroughly and on both jaws alike.

CONAN DOYLE.

Dr. Doyle is a great athlete, no exercise comes amiss to him; alpine climbing, football, tennis, cricket, skating, tobogganing, are all dear to him. Mrs. Doyle speaks of bicycling as her favorite amusement, and they often used to do from thirty to forty miles on their tandem.—*Ladies' Home Journal.*

THE best sleeper is the best man for hard work, whether of head or hand.—*Dr. Hall.*

WHEN fortune means to men most good, she looks upon them with a threatening eye.

A BIOGRAPHER of Phillips Brooks, the distinguished Massachusetts divine, says, he has always been a notably diffident man, distrustful of his ability. It is rather singular that Mrs. Beecher makes practically the same statement about the great Brooklyn preacher.

THE average weight of the full-grown male brain is from 40 to 50 oz. Average weight of the full-grown female brain is from 37 oz. to 45 oz. Average number of cubic inches in the male brain is about 150. Average cubic inches in the female brain, 120.

DR. J. HILL GIBSON,

Says muscles are merely the terminal apparatus of nerves, and muscular effort is the correlative of nervous impulse, therefore to the nourishment of the nervous system most of the trainer's attention should be directed. He advises the use of light (2 lb.) dumb-bells, and condemns heavy dumb-bells, and says it is an undoubted fact that the more rapidly a muscle is contracted in the way of exercise the quicker is its growth in bulk and strength. He believes in systematic friction of the muscles and the body generally. Bathing is fatal to the best training of an athlete, a quick wash of the body with soap and water once daily is all that should be permitted. Any bath, hot or cold, prolonged over three minutes, depresses nervous and consequently muscular power. A good deal of sleep is required—quite nine hours out of the twenty-four.—From *London Telegraph.*

A PHRENOLOGIST'S MISTAKE.

An amusing tale of a phrenologist's mistake is credited to John Burroughs, the author and horticulturist. "Here's a boy" said the professor, in examining the head of the youthful Burroughs, "who will amass wealth. He will be rich." "The trouble was," says Mr. Burroughs, "that he struck the wrong boy. It's a pity he hadn't got hold of the boy next door, for that boy was *Jay Gould.*"—See *Mail*, 13th May, 1895.

N. B.—Surely the Phrenologist struck Mr. Burroughs close enough, when he has since turned out such a distinguished man.

KING CETYWAYO AND MR. THEIS.

When this singer—who pleased Cetywayo—was asked what he would like, he said, one of your majesty's wives. When the wife was presented, he told the king he was "only joking." Cetywayo couldn't see it (deficient in mirthfulness) and replied that the young man "must have lied." Some people can't see a joke, like a young fellow recently, who proposed—for a joke I guess—to three girls in succession, and was accepted by each. He soon found out to his sorrow that it was no joke.

In a report of the Prison Association of New York, it is stated substantially, that the most conspicuous and noticeable trait of the true criminal is, that he seems to lack the element of continuity of effort. Steady, plodding work—a characteristic of successful individuals—is deficient in him.

A MAN IS HARD TO SHOOT.

At the first shot an old Kaffir apparently lame, darted out and made for the opposite bush; instantly between twenty and thirty shots were fired at him, but he either had a charmed life or the luck of an evil one, for although within a hundred yards, not one shot touched him, the bullets ploughed up the ground all around him, but he got away safely; and no wonder, for he ran as fast as any horse could gallop, *though he was lame.—Melton Prior, War Correspondent, Ill. London News.*

WIRE WALKING ACROSS NIAGARA.

HOW IT FEELS.

The Professor's own graphic words to the *World* last night were: "Now I had reached the testing point. I nerved myself as well as I could, and here I noticed that the guys which were to steady the centre part of the rope were not working and that the cable was swaying in the wind. This of course somewhat unnerved me, but I soon steadied myself, being *determined* to succeed. The danger of this part of the journey, the great height above the water, the swaying of the rope and the full knowledge of my personal risk, kept my wits at the highest tension. I had to change my point of vision every moment or two. If I looked steadily at the rope for more than three seconds I would imagine that the rope, like the rushing water, was moving in the same direction, and my senses would begin to reel; but the moment I changed my point of vision and would look one time at the bridge, another at my hand, and another at the balancing pole, thus *varying* the centre of observation, I was enabled to resist the *illusion*. So impressed was I with the gravity of the situation that I occupied fully five minutes in crossing the 200 feet of the centre of the river. The wire was swaying at such a rate that I had to exercise the greatest care, but when I was over the centre and felt that the greatest danger was passed my spirits rose steadily, and I had no difficulty in sitting on the rope and kneeling on it. When I was fairly over the bank the hardest part of the walking occurred, as the guy ropes at this part were utterly useless, and the cable shook in the wind more than the aspen. I got safely through and was heartily congratulated by those on the American side."

IN EVERY TOWN there should be a society for the suppression of scandal, and its members should not only keep silence about what *may be* harmful to others, but assist the calumniated one to get redress. Scandal does tremendous harm in most towns.

EVEN after a violation of the laws of the organization has brought on disease, a naturally vigorous constitution often retains no small share of its former elasticity and energy, and imparts the same qualities to the mental operations; but, in proportion as this is defective, weakness and imbecility of mind will ensue.—*O. S. Fowler.*

CHIEF CONSTABLE GRASETT

Says drunkenness is the chief cause of crime. Lack of proper home training I believe to be the cause of much of the depravity among children.

INSPECTOR ARCHIBALD

Says drunkenness is a very large factor in crime. I express my approval of the establishment of an industrial inebriate asylum, and a rigid enforcement of the law in reference to habitual criminals.

WARDEN MASSIE, CENTRAL PRISON,

Says, regarding criminals: To evoke from many of them the necessary application for success at any trade is next to *impossible*. To the acquirement of education, or of that degree of technical knowledge of the several industries going on, which are intended to lead them into honest purposes in life, they manifest the greatest apathy, their only wish and aim being the gratification of appetite. He also says the state should have the full benefit of prison labor, and most considerately adds "In the case where a prisoner has a wife and family, I think the family should be allowed a certain proportion of the man's earnings."

INSPECTOR WM. STARK,

CHIEF OF THE TORONTO POLICE DETECTIVE DEPT.

Says the first and principal cause of all crime is the deplorable lack of parental control in children when young. The great majority of those who developed into criminals of note commenced their criminal career when children. Intemperance was the next most important factor, and it was found that persons of this class gradually drift into dissipated habits and their expertness as thieves leaves them. It is very rare to meet a criminal who is a total abstainer. The want of restraint in youth, he said, begets a spirit of restlessness which militates against their settling down into regular work.

DAVID CHRISTIE MURRAY,

WAR CORRESPONDENT,

Said, I was asked by Sir J. Millais years ago if I would like to be the greatest painter in the world, and when I said yes, he said, all you have to do is to get the right color and put it in the right place. And so to be a great poet all you have to do is to find the right word and put it in the right place. The dictionary is open to all, and when you have searched for years and found the right word, you'll discover that Shakespeare, Keats, Schiller or Tennyson have used it. Mr. Murray is a clever entertainer, a good writer, and a speaker fluent, able, powerful voiced and eloquent.

THE thrift of time will repay you in the years to come with a usury of profit far beyond your most sanguine dreams. The waste of it will make you dwindle, alike in intellectual and in moral stature beyond your darkest reckonings. — *Gladstone.*

A FRENCH writer says: "Neither virtue nor vice is the heritage of one class more than of the other. The babe sweetly sleeping beneath many folds of soft lace-trimmed linen *may prove* in *later* days as great a rascal as the rag-wrapped infant fretfully sleeping in the broken wicket basket. If in the moral make-up of either there is a *weak* spot time and opportunity will develop the defaulter, the forger and the swindler, or the pickpocket, the thief and the burglar.

DEAN HOLE.

It is on record that it occurred to him that extemporaneous speaking might possibly carry with it more weight and influence than the very best of reading. Moved by this consideration he cast aside his manuscript and tried to address his audience without the usual prop. The result was the discovery of a *new* force, a marvellous power. He found that his hearers were moved, and his hearers learned and admitted that he was eloquent. The experience of the dean is comforting to those who fear to trust themselves to the platform or pulpit without a written message.

OSCAR, KING OF SWEDEN,

Says, it is the duty of society not only to punish the crimes committed, but also *carefully* to seek out their *causes*, and, so far as it is in *human* power, to remove them.

A MAN should read along every line and gather hints for his own benefit from *any* source.—*Napoleon.*

THE secret of all success is to know how to deny yourself. Prove to me that you can control yourself, and I'll say that you are an educated man. Without this all other education is good for next to nothing.—*Mrs. Oliphant.*

SIR FALWELL BENTON,

Says, the very reputation of being strong willed, plucky and indefatigable is of priceless value. It often cowes enemies, and dispels at the start opposition to one's undertakings which would otherwise be formidable.

ACCIDENT may do as much for you as the deepest craft. Every extra hour of consideration may give you a better point of view. Never say a thing is a misfortune until you have seen or experienced the results of it. Conscience is a safeguard, follow its instructions, and no matter who turns out your enemy you need not fear.—*Cavanagh.*

DR. BUCKE,

SUPERINTENDENT INSANE ASYLUM, LONDON.

Insanity is chiefly the lapse of faculties. Clinical observation teaches us every day * * * It presents to us lapses of all degrees. Lapses in sense function such as color blindness and music deafness—lapses in the ***moral*** nature in whole or in part—lapses in the intellect of ***one*** or *several* faculties, or lapses more or less complete of the whole intellect, as in imbecility and idiocy.—*From* ***his great*** *Lecture in Washington, 7th May, 1892.*

is flexible, expansible, or compressible. It can be *enlarged* or diminished at one's will. The flexibility of the chest continues with many and most persons to old age. So formed is the chest, that any person desiring a fine full one can have it.—*Dr. Fitch.*

MENTAL emotions, grief, fear, despondency, incline to depress all the energies of the system, in which the lungs must participate, and so must suffer. * * * * * * * * *

THE difference in the strength of different men is immense, and the difference in the size of the chest forms a very striking characteristic in such cases. * * * * * * * *

SAMPSON, the strongest man in the world (bar Sandow), his chest measures 36 inches, expanded 55 inches, 19 inches expansion.

A VAST many cases of Heart Disease are produced by a contraction of the chest, so that the heart has not room to play. I have often cured (seemingly fatal) diseases of the HEART by ENLARGING the size of the chest. * * * * * * *

"THE simpleton's pulse beat only half as fast and not half as strong as the others. I had made thousands of similar observations, and had often said that Benton (the eminent congressman), owed his talents more to his *chest* and *habits* than to the size of his brain."—*O. S. Fowler.*

SULLIVAN'S HEAD.

John L's head measured, about 6 years ago, 22½ inches.
Mitchell's measures 22⅜ in. Dixon's measured 21½ in.
Slavin's, 22¾ in. 16 over Firmness. Chang (Chinese Giant), 25½ in.
Birchall's, 21¼ in. Whitman's (Ajax), 23⅝ in.
Quinn's head, 27½ in. Jake Gaudaur, 22 in.
Hensel's, 12⅜ in. over Individuality.
John Armstrongs', 24⅜ circumference.
Sampson's head 22⅜, chest 36 in., expanded 55, 19 in. expansion.
Elija Brown, aged 103, 21 in., ear to ear, 14½.
Sitting Bull's,—The renowned Indian Chief—a large head, enormously developed in the peceptive faculties.

HE jests at scars who never felt a wound.—*Romeo and Juliet.*

THE purest treasure mortal time affords is spotless reputation.—*Richard II.*

BE ABLE for thine enemy rather in power than use.—*All's Well That Ends Well.*

CRITICISM is nearly useless unless the critic quotes innumerable examples.—*David Hume.*

IT IS certain that either wise bearing or ignorant carriage is caught, as men take diseases from one another, therefore let men take heed of their company.—*Henry IV., Part 2.*

BRAIN WORKERS.

Those who exercise their brain much, such as literary men, phrenologists, preachers, lecturers, lawyers, doctors, &c., need food of good quality and a larger quantity of nutriment than laborers or artisans. The labor of this organ causes greater waste of tissue than the exercise of the muscles. Prof. Haughton estimates that a whole day of muscular labor will not produce as important changes of tissue as three hours of hard study. After mental labor, phosphorus, which is a prominent ingredient of the brain, is deposited in the urine, and experiments have demonstrated that by chemical examination of the phosphates deposited, it is possible to learn whether an individual has been using his brain or muscles most. The mysterious influence of one mind over another, and over matter as well, has long been recognized and used in healing diseases. Eminent physiologists lay it down as a principle that any intense absorption of the mind upon any function of the body is generally followed by a corresponding condition of the organ or part of the body concerned. No principle, indeed, is more familiar to all physicians than that the constant apprehension of a disease is a very sure way to induce it, and that the confident expectation of a cure is a most potent means of bringing it about.

In food, in sport, and life-preserving rest,
To be disturbed would madden man or beast.
—*Comedy of Errors.*

ABOUT GREAT SPEAKERS.

To speak well you must fully appreciate the importance of your subject. Many famous writers were not good speakers, perhaps from having an excess of feeling. Rosseau was incapacitated from public orations through this, and so was the powerful writer, Abbe Lamennais. Men of acknowledged genius have often failed as speakers. Many well-known orators inform us that their first attempts at public speaking were dismal failures. Cicero acknowledged he was embarrassed when he attempted to deliver an oration, and also says: "I do not like the one who does not exhibit some confusion before speaking." Patrick Henry frequently hesitated. Erskine, the great lawyer, was unduly sensitive and often hesitated when commencing his speech. Canning was sure of making a great impression if at first very nervous. Gough, the great temperance lecturer, frequently suffered from "speakers' nervousness." Choate, the noted advocate, was often wretched and restless before addressing the twelve men and true. Tierney one of the ablest debaters who ever lived, was troubled with quakiness. Some individuals talk well in their old haunts, yet are very uneasy in strange places.

TO PRIESTS, MINISTERS, &c.

Speakers should not forget the fact that oratorical efforts are very exhausting, because not only is there great cerebral excitement and increase of temperature, but much and rapid action of the lungs and many muscles.

Mr. Gladstone is in CAPITAL HEALTH, but a great speech nowadays leaves him almost prostrate.—*Telegram*, 4th June, 1892.

THE LIVES (Biographies) of great men all remind us we can make our lives sublime.

NAPOLEON (1796) had given indications of his military talents at Toulon, and of his remorseless nature at Paris, but the *extent* either of his ability or wickedness was at this time *known to none*, and perhaps *not* even *suspected* by himself.—*Southey, page 117.*

ENGLISH PRONUNCIATION.

Irish, Scotch, Welsh, and English, cannot afford to find fault with each other's pronunciation, as different parts of the countries have their own particular accentuation; and English is a language that the majority never become perfect in pronouncing.

"It is our will
That thus enchains us to permitted ill.
We might be otherwise: we might be all
We dream of, happy, high, majestical.
Where is the beauty, love and truth we seek
But in our minds? and if we were not weak,
Should we be less in deed than in desire?"

—*Shelley.*

HOW BRAINS OFTEN FAIL.

Men of great mental ability have sometimes sunk into a state of Idiotism in consequence of too great and long-continued application of the mind, a tasking of its powers beyond their greatest strength.

Sometimes, on the contrary, the same results seem to have followed from too little application, especially when combined with a disrelish for social intercourse, which might have checked and probably have prevented, an entire prostration.

It is obviously one of the great laws of the mind that the progress or advancement of its powers is connected with a suitable degree of exercise.

If, therefore, a person withdraws into inane and idle solitude: if he—or she—pertinaciously withholds from the communion and conflicts of society, and thus loses the opportunity both of acquiring a fund of new ideas and of renovating his former stores of knowledge, he will be likely to find his mind collapsing into a state of *weakness* and *ignorance*, approaching, in the end, the condition of idiocy.

THE Indians and other aborigines when long imprisoned die prematurely.

COWPER'S mind was, doubtless, at all times highly susceptible of derangement from several causes, and only required some untoward circumstance to unbalance it. * * * * *
Full and congenial occupation was absolutely indispensable, not merely as in ordinary cases to his enjoyment of life, but to his exemption from the most cruel disease (insanity), and to other pursuits than those of literature, his wretched nervous system rendered him utterly incompetent. * * * * * *
He had now found by experience that *regular employment* was essential to his well-being. Associations which engaged him *closely* were rather serviceable than otherwise. * * * * *
Mrs. Unwin observing the happy effect of composition upon his health and spirits now excited him to more decided literary exertion.
* * * * * * * * * * * * *
"I find writing, and especially poetry, my best remedy." * *
But literature, though tried late, proved to be infinitely the *best remedy* to soothe and regulate the diseased action of his mind.—*Memoir of Cowper (Poet).*

Wise men ne'er sit and wail their woes,
But presently prevent the ways to wail.
—*Henry VI., Part 3.*

TO THE IRRITABLE.

Every time you give way to the "MANIA" it wastes nervous fluid, and lessens your POWERS to endure, enjoy, think, write, study, eat or sleep.

Try to work off the excitement by some kind of mental or physical action, it will relieve your brain and help to equalize your circulation.

Lean on your health, the which if you give o'er to stormy passion, must perforce decay.—*Henry IV., Part 2.*

A LIGHT heart lives long.—*Love's Labor Lost.*

THERE can be no eloquence without deep feeling.

THERE'S nothing either good or bad but thinking makes it so.—*Hamlet.*

OUR bodies are our gardens, to which our wills are gardeners. —*Othello.*

NATURE craves all duties to be rendered to their owner.—*Troilus and Cressida.*

HAPPY are they that hear their own detractions, and can put them to mending.—*Much Ado About Nothing.*

THE effect of mind on matter is curiously illustrated in the case of Joseph Hardin. He was informed by four masked men that he was to be shot. They blindfolded him and fired a shot in the air, at the same time one of the jokers tapped him on the back of the head and he fell forward dead—from heart failure. The idea of a bullet killed him. He died from the effect of an impression. Now certain people are beginning to ask this rather tough question, "If a man can be killed by the idea that he is going to be killed, why can't he be cured by the idea that he can be cured?—*N. Y. Herald.*

BILL NYE'S HEAD.

In order to note the advancement made by phrenology I went yesterday to visit the leading phrenologist of America, and—no doubt—of the world. Frankly, I must confess it was a case of going quietly to scoff and remaining to pray, for I don't believe Inspector Byrnes is "on to me" with more fidelity or accuracy than the venerable bump manipulator who turned me over yesterday.—See Toronto *News*, 20th Dec., 1891.

To mourn a mischief that is past and gone
Is the next way to draw more mischief on.
—*Othello.*

COL. BOB INGERSOLL.

Says, some people are never satisfied that the right man has got the credit, they say some one told him —Auditorium, 28th March, 1892.

THERE IS a class of people says Mr. Moody, who because *they* don't believe, think a thing is false.

'TIS in ourselves that we are thus, or thus.—*Othello.*

HOW hard it is to hide the sparks of nature.—*Cymbeline.*

HE that is giddy thinks the world turns round.—*Taming of the Shrew.*

1798—NELSON had not yet attained that fame which compels envy to be silent.

WE ought to be to-day's and not to-morrow's men, considering the shortness of our time.—*Bacon* (Meditations).

MEN ought to take special heed how they guide themselves by examples, in thinking they can do as they see others do; whereas, perhaps their natures and carriages are far different.—*Bacon* (Advancement of Learning).

A HEALTHY girl of 17, who devotes herself to hospital work, will die 24½ years sooner than a girl of the same age in the general population. This is supposed to be due to her liability to tuberculosis.—*Telegram*, 4th Dec., 1891.

A STATISTICIAN in Paris had the patience to count the number of words employed by the most celebrated writers. The works of Corneille do not contain more than 7,000 different words, and those of Mollier 8,000. Shakespeare, the most fertile and varied of English authors, wrote all the tragedies and comedies with 15,000 words. Voltaire and Goethe employ 20,000. Paradise Lost only contains 8,000, and the old testament says all that it has to say with 5,642.

COMPOSITION.

If regularly indulged in is one of the best of exercises, making a writer terse and close in style. Indulge in all kinds of composition, argumentative, descriptive, metaphysical, and critical. Write as you feel, correct or abbreviate afterwards. Writing is the ground-work of eloquence and to speak fluently and ably one should first know how to skillfully wield the pen.

Sorrow concealed, like an oven stopped,
Doth burn the heart to cinders where it is.
—*Titus Andronicus.*

DEFICIENT CHEST.

There seems to be good reason for the increased interest in athletics and the various kinds of physical culture fads. It is reported that out of twenty applications for enlistment at the United States rendezvous in Portland, only one was accepted, *deficient chest* being the main trouble.—*Telegram*, 10th Jan., 1891.

THE labor we delight in physics pain.—*Macbeth.*

REMEMBER you possess eyelids for your eyes, use them.

A WISE man will make more opportunities than he finds.—*Bacon* (Essay III).

TRIFLES light as air, are to the jealous confirmation strong as proofs of holy writ.—*Othello.*

THE web of our life is of that mingled yarn good and ill together.—*All's well that ends well.*

THOSE having children who are inclined to be obstinate, should remember that "to entirely spare the rod may spoil the child," or as Shakespeare says, "better a little chiding than a great deal of heartbreak."

PHYSIOLOGISTS tell us that breathing through the nose is the natural and healthiest way. Many elocutionists assert that it is the only method by which lecturers and others can expect to preserve their voices. Mouth breathing allows the dust to get into the vocal organs, the same as it would into the works of a music box or watch if left open.

I REGARD the statement of some people who claim that they cannot sin, and would never yield to temptations, as an egotistical assertion born of thoughtlessness, ignorance, or inexperience. When famous men such as Napoleon, Nelson, Wellington and others have done things which have left a stigma on their character, can most of us expect to be free of error? A letter from a church member which appeared in the *Telegram* about a preacher, who was sent to the penitentiary, thus remarks:—"He was very kindly and hospitably received by our people, *appearing* to be a man of Christian character, but it seems he had very little *moral* goodness to sustain him in the *hour of need*, and became an easy prey to temptation, and while we do not condone the crime he has committed, we hope and pray he may not utterly go to ruin."

Unquiet meals make ill digestions,
Those of the raging fire of fever bred.
—*Comedy of Errors.*

I DO commend the black, oppressing humor to the most wholesome physic of the health-giving air.—*Love's Labor Lost.*

THE ANXIETY, however, which Nelson endured affected him so deeply that he said it had broken his spirit forever.—*Southey*, 257.

MARRIAGE ADAPTATIONS EXPLAINED.

CHARACTER TOLD FROM PHOTOS.

If you desire to ascertain the character, talents, strong or weak points, of any person, *bring* me their photos, or even good tintypes, and I will tell you whether I think they are clever or dull, loving, selfish, jealous-minded, ill-tempered, untrustworthy, long lived or short lived, etc. Many, I have asserted from their photos, would be clever at music, painting, bookkeeping, shorthand, or should be good as teachers, travellers, etc., or that hard study worry or certain occupations would break them down in mind or body, or they were strong-willed, or easily led, or might die even in a year or so, should make good wives or husbands, etc., as the case might be. My words have often come true, as many can testify. I have related cases in point again and again in the city papers. Read the press notices.

Bring him some of your friends pictures and he will surprise you — *News Letter.*

He is unique at discerning character even from photos.—*Telegram.*

FROM ONE OF THE BEST WRITERS IN NORTH AMERICA.

I sent the photos of two persons well known to me to Prof. Cavanagh, of Toronto, not to test the truth of phrenology, for of that I have long been satisfied, but to test the Professor's ability as a delineator of character. Although the persons whose photos were sent for examination were utter strangers to him, his off-hand delineation of both were strikingly correct, and would be astonishing to those not aware of the possibilities of the science in competent hands.—*Allen Pringle*, Selby, Ont.

Remember Prof. Cavanagh has resided on Elm Street for nearly twelve years.